

THE UNIVERSITY OF BRITISH COLUMBIA



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November 28, 2008

To Whom it May Concern:

On November 13, we hosted Minds @ Work, a one-day health fair focused on educating the staff at Land and Building Services on the importance of mental health and well-being. As part of this day, we invited Paul to present "Clean the Clutter and Simplify Your Life", as we heard from many of our staff that the physical mess in their lives was causing them mental distress.

Paul Talbot was an incredibly engaging speaker for our staff. His principles of living clutter-free were presented in such a personal manner, making his ideas inspiring yet tangible. Further, the handouts he brought provided staff with an effective guide on how to use the skills taught beyond his presentation. Paul was always prompt with communication, and the presentation he gave received such positive feedback from our staff members - many told us that his advice deeply resonated with them.

Paul was an absolute pleasure to work with, and we would love to have him speak to our staff at future events. If you have any further questions regarding Paul's presentation at Minds @ Work, please feel free to contact our department at the information given under Linda Roseborough's signature.

Yours in Health and Wellness,

A handwritten signature in blue ink that reads "Linda Roseborough".

Linda Roseborough  
Health, Safety and Wellnes Advisor  
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A handwritten signature in blue ink that reads "Ange Cullen".

Ange Cullen  
Coordinator, Minds @ Work Health  
Fair  
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