

# LIFESPEAK

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February 16, 2010

It is with pleasure that I write this letter of endorsement for Judy Arnall.

LifeSpeak is a company that is dedicated to delivering information from over 200 of Canada's leading experts speakers to Canadian workplaces to assist employees in better managing the demands of a Work/Life balance. Lifespeak is a company that provides high quality speakers on a variety of topics to the corporate world.

We have engaged Judy Arnall on many occasions to speak to employees of our corporate clients at Lunch & Learn and Before Work sessions. Judy is a professional speaker who specializes in a variety of parenting topics, including Handling Peer Pressure, and Parenting the Digital Generation.

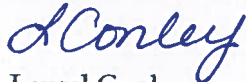
We have been impressed with Judy's ability to interact with the audience with a variety of methods including role plays, puppets, visuals and interactive exercises. Her manner is warm, humorous and non-judgmental as she explains evidence-based information and strategies in a fun and engaging manner. She is a working mom, and she manages to bridge the gap between parenting theory and practice.

We appreciate Judy's professionalism. She always arrives prepared with activities and visual materials, and is always punctual in start and end times. She is familiar with most conference room audiovisual equipment, and can set up without technical assistance – and if the AV system remains uncooperative, she always brings backup materials such as flipcharts.

Response from participants has always been positive; almost all of the feedback indicates that they have learned useful information, tips, and strategies from Judy.

We highly recommend Judy for any of your speaking requirements.

Yours truly,



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