



April 2, 2008

TO WHOM IT MAY CONCERN:

It is my pleasure to provide this letter of recommendation for Roslyn Franken.

Having previously worked with the Ottawa Catholic School Board as a general interest instructor, Roslyn Franken was invited to address the Board's non-teaching staff at our annual conference "A Better Me A Better You" on February 9, 2008. Ms. Franken's experience and education, which focuses on health and wellness issues, was most suitable for this year's conference theme of personal wellness and self-improvement.

It was my privilege to introduce Ms. Franken to my colleagues at the morning workshop, which was entitled "Healthy Weight Loss & Lifestyle Strategies". Roslyn quickly endeared herself to the group with her personal testimony on weight loss and her journey as a cancer survivor. Roslyn clearly outlined for us ideas and activities to assist us in achieving a good work-life balance; she also shared with us some of her lifestyle strategies to help us reach our goals. Some of the information in Ms. Franken's handouts included resources and tools to achieve a healthier mind and body.

Roslyn encouraged questions from the group and responded with enthusiasm and often with a sense of humour. Although the time quickly got away from us, Roslyn offered to stay behind for those who still had questions and/or comments.

As a presenter, Roslyn was prepared, organized, articulate, informed and very knowledgeable.

It is without reservation that I recommend Ms. Roslyn Franken, a motivational speaker, to your group or organization.

Respectfully yours,

Susan Kelemen

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