



Nicole Piggott
FedEx Express Canada Ltd.
6300 Côte-de-liesse
Suite 100
St-Laurent, Québec H4T 1E3
TEL: 514-344-6368 FAX: 514-344-0438

Gillian Leithman, BA, MSC
Directions
Founder
5764 Ave Monkland Suite 18
Montreal, Quebec H4A 1E9
(514) 824-1967

Dear Gillian,

I thoroughly enjoyed the seminar you conducted on stress management. With the current challenges of work, personal and family life it is often difficult to cope with stress, prioritize the demands placed on us. Your workshop was beneficial in a number of ways, it enabled the participants to share experiences and coping mechanisms, it validated our experiences and you provided us with an opportunity both for self-reflection and looking for solutions.

I think the climate of openness, calm and candour created by your able facilitation invited dialogue.

Kudos to you for a great job and I hope to have an opportunity to participate in other seminars that you facilitate.

Regards,

A handwritten signature in blue ink, appearing to read "NP", written over a horizontal line.

Nicole Piggott
Manager Employee Relations
FedEx Express Canada Ltd.
514-344-6368