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Dear Sir

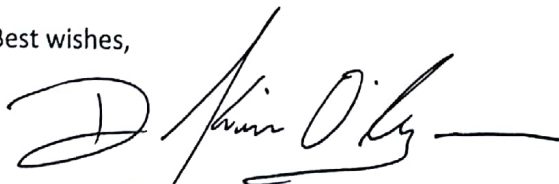
It's my absolute pleasure to recommend Meeja Jalandoni.

I am a practising Physician at Dalbrent Medical Centre , Calgary Alberta. I obtained my undergraduate degree in physiology at McGill University in Montreal, Quebec, Canada. I obtained my Medical Degree from University College Cork, Ireland, and my Royal College Degree in Family Practise from the same university. I am a member of The College of Family Physicians of Canada and the College of Physicians and Surgeons of Alberta.

I was offered coaching session with Meeja through a friend. Being a Family Physician, I though this would be very similar to counseling session that I preform for my patients, but with new challenges in both my business , career, and life, I thought any would try it to see if I could obtain any benefit. Meeja helped to organize my thoughts and priorities both from a work and life perspective. She enabled me to prioritize issues and focus down on the things that needed to be addressed and improved. After only a couple of sessions , I have become more organized and have a very positive outlook on both my business and personal life. I could not more highly recommend Meeja as coach for helping deal with issues.

Please feel free to contact me at the above address or telephone number during business hours should you like to discuss . I'd be happy to expand on my recommendation.

Best wishes,



Dr. Kierra O'Regan

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