



George J. Abate  
Vice President, Controller, Developing Markets Operations

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Margaret and Baha Habashy  
Partners  
Integrity+ Consulting  
24 Dewitt Court  
Markham, ON  
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Dear Margie and Baha:

A little while back my team and I decided that we needed to help ourselves cope better with the increasing workload and demands placed upon us in our work environment. With this in mind I engaged you to lead us in your Information Overload Workshop.

In the months since we have participated in the workshop and follow-on coaching sessions, I believe we have made significant progress in improving our personal effectiveness. This bears out in the numbers—the Effectiveness and Overload Gauge improved by 34% comparing results taken before the workshop to results taken 8 weeks after. Personally, I especially found the tips and coaching around handling E-mail to be quite impactful. The “Read, Think, Act, File” sticker is prominently displayed above my laptop computer screen!

I also believe that as a result of the improvement in their work lives that my team’s personal lives and overall work/life balance have improved. I know that mine has!

Thank you again for the outstanding program and good luck in the future.

Kind Regards,

A handwritten signature in black ink, appearing to be "G. Abate", written in a cursive style.

George

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