



*America's Career University*

December 16, 2004

Rachel Rolfes  
Founder  
Stressercise for Life  
701 Harlan Street Suite E-47  
Lakewood, CO 80214

Dear Rachel:

I wanted to take the time to put our words of thanks in writing for you. It's not everyday that we have someone work with our Leadership Academy students that leaves the students so inspired and hungry for more.

The "Leadership and Life Balance" Team Turn Around Talk you did with our highly select, Leadership Academy students was amazing! This group of students has the opportunity to meet many top leaders, in the Denver community and learn about leadership from them. In their encounters with these leaders, they have never given more positive feedback than with you! Every student was moved personally in the time they spent with you and continually ask for more.

I have always been a firm believer that health and wellness is a key ingredient to becoming a well-balanced leader who can lead in every aspect of life. Since we started the Leadership Academy program three years ago, we have struggled with finding the best fit person to show students this key ingredient. Your knowledge of the subject, ability to connect health and wellness to personal leadership success and personal enthusiasm make you the top choice!

In the Community Leadership Institute, we get many calls from business consultants asking us to utilize their services for student and staff programming and I honestly turn the majority down. In asking a few, simple questions it is easy to tell where a person's heart lies and in our work, a passion for the people you are working with and offering them a true development opportunity is of the utmost importance I could tell from the minute we met that you have a strong sense of purpose and passion for the work you do and it shows even more in your presentation.

I believe highly in the power of a personal reference and am thoughtful in who I personally choose to recommend to others, as in the end, it's my personal integrity that is associated with that person. To that end, I have no reservation in recommending your presentation to others. I am sure you will always deliver a meaningful, results oriented presentation.

Sincerely,

Matt Smith  
Director  
Community Leadership Institute

JOHNSON & WALES UNIVERSITY

Community Leadership Institute

7150 Montview Blvd., Denver, CO 80220 (877) JWU-DENVER Fax (303) 256-9333 www.jwu.edu  
Providence, RI Charleston, SC Norfolk, VA North Miami, FL Denver, CO