

February 19th, 2016

To whom it may concern:

As a student services associate for North West College I would like to give a recommendation for Lloyd Attig for his workshop that explores health and wellness using the Medicine Wheel and a Holistic approach. Lloyd presented this workshop to our Adult Basic Education 10 and 12 students at the college on February 8th, 2016.

Based on First Nations Cultural teachings and healing practices Lloyd shared his years of experience and knowledge to empower students as they look into their physical, emotional, spiritual, and mental health. Throughout the workshop our students gained insight on how to communicate more effectively, strengthen their overall self, and develop strategies to deal with holistic health issues. The skills that our students gained through this workshop will be a vast asset to them, not only in their school life but also in their professional and personal lives.

The students at North West College responded well to Lloyd's demeanor; he was personable, friendly and engaging. The feedback I have received from the participants after attending this workshop has been very positive and a worthwhile experience for all.

I would like to give a sincere recommendation of the workshops Lloyd Attig presents and himself as a facilitator. I believe Lloyd's facilitation of workshops would be a great asset to other organizations and communities.

Sincerely,

Kareena Schaan
Student Services Associate,
North West College,
North Battleford, SK