



January 8, 2004

Mr. Baha Habashy
Integrity+ Consulting
24 Dewitt Court
Markham, Ontario
L3P 3Y3

Dear Baha:

Thank you for providing the inspirational and "life changing" training session "Information Overload" on October 22, 2003 for 11 of our employees. Please see the following comments which I have received as feedback from the other participants:

"I have been able to control my e-mails and phone messages throughout the day. Plan my day by using a time planner and schedule appointments. More organized."

"It made me aware how much time is wasted shuffling paper around. I try to keep my desk, office and paper handling more organized."

"I did find them very informative and personable and the presentation was excellent."

Personally, I immediately implemented a number of your / Margaret's suggestions ... rearranging my office and changing my daily habits, for example having only one item on my desk at a time to focus on, prioritizing other items which are held in a drawer out of sight. It works! Since that time I have sensed a distinct reduction in stress! Thanks again, to both of you, for the informative session and the effective one-on-one time you spent with both myself and some of the other participants.

Sincerely,
MONEY'S MUSHROOMS LTD.

Cathy Ward, CHRP
Manager, Human Resources

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