



September 8, 1992

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Jeff Mowatt  
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Dear Jeff,

We would like to thank you for your Peak Performance Seminar. Your encouraging presentation style and ability to tailor the information to the needs of our Essential Services Training Program resulted in much enthusiasm. Beyond motivation however, the participants also received some very practical suggestions and personal awarenesses of how to train more consciously to reach their optimal mental and physical performance levels. Your ability to draw from personal experiences enhanced the presentation and added credibility to the ideas and suggestions you shared.

We wish you all the best and please feel free to use us as a reference. Thanks again!

Yours truly,

  
Debbie Wershler  
Program Coordinator

  
Pat Huftnagel  
Instructor

DW/tr

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