



Saint Alphonsus
Employee Assistance Program

January 27, 2006

Breathing Space Institute
2417 Honeysuckle Road, #24
Chapel Hill, NC 27514

Dear Jeff,

feedback. I attended your Breathing Space Workshop at the Saint Alphonsus Leadership Institute on January 20th in Boise, Idaho. Let me first say that I truly enjoyed myself during those four hours. You provided a lot of practical, immediately useful information for dealing with information overload. Your presentation was funny, witty, disarming, and generally delightful.

I am an EAP counselor, coach, and mindfulness instructor. Your message was very timely for our organization. Thank you very much.

Sincerely,

Robin Raney, LCPC
EAP Counselor