

8/07/04

Mr Cyril Peupion  
IBT International  
Level 10  
56 Berry Street  
NTH SYDNEY NSW 2060

Dear Cyril,

My original motivation for doing the Personal Efficiency Program was to organise my work station in a better way to be more effective in my work.

After the first day's session I was instantly more organised in my day to day work and gained greater knowledge of how to prioritise.

I found the program to be very practical and spacing the 3 day program over several weeks gave me time to work with the newly learned skills. The 1 on 1 coaching was important and I found it very easy to talk to "PEP Coach" about my issues.

PEP is a great course that has helped me greatly in the day to day issues that arise in a busy schedule.

It is the best course I have done.

Yours sincerely,



Belinda Johnston  
Distribution Administration Clerk  
Nestle Australia