



CAHILL

The Cahill Group
P.O. Box 1674 St. John's, NL
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www.gjcahill.com

January 30, 2009

To Whom It May Concern:

RE: Mr. Gary Summers

I am pleased, on behalf of The Cahill Group, to provide this letter of reference for Mr. Gary Summers.

In December 2008, the Cahill Group held a teambuilding event with its staff. Gary Summers was hired to facilitate several segments of the event. He was responsible for the evening entertainment and a personal/professional development workshop the following day.

The evening entertainment was a magic show which fascinated employees. At the request of employees, Gary went above and beyond the scheduled entertainment and held a session on hypnosis which was attended and thoroughly enjoyed by all employees.

The following day Gary held a workshop on "*Personal Empowerment and Work/Life Balance*". This workshop provided employees with the skills and tools to be a more positive person and to be the very best they can be, both personally and professionally.

Gary's ability to captivate and engage his audience, whether performing magic, hypnosis, or presenting a professional development workshop is astounding! We have been holding teambuilding and workshop events with our staff for a few years now and the feedback from this event through our evaluation process was 100% positive. This was a first!

We will definitely utilize Gary Summers in the future to entertain and educate our employees. I highly recommend Gary to employers who are seeking to motivate, entertain or encourage the personal and professional development of their employees.

Regards,

Shirley Smith, CHRP
Human Resources Manager
The Cahill Group



The Salvation Army
Glenbrook Lodge
105 Torbay Road
St. John's, NL
A1A 2G9
Tel: 709 726 1575
Fax: 709 726 0610
www.easternhealth.ca



February 6, 2009

To whom it may concern:

Re: Gary Summers

In October 2006 the Glenbrook Lodge hosted the Salvation Army National Long Term Care Conference. As a member of the planning committee I was involved in arranging speakers for the educational sessions. The committee felt an important topic for health care providers was the importance of dealing with stress and self care.

I contacted Gary to provide this motivational session for our participants. Gary captivated his audience with his energy and excellent delivery of the information from the moment he commenced his presentation. The use of audiovisual aids was definitely an asset to reinforce the material, and his humorous anecdotes were enjoyed by the whole group. His method of presentation covered the topic in an interactive exchange with the audience.

A review of evaluation of all participants only confirmed how beneficial this session was to the group. There were many positive comments on the material presented and the method of delivery.

I can state with confidence that I would highly recommend Gary for any future speaking engagements.

Sincerely,

Pam Carter RN
Resident Care Manager



5th Floor, TD Place
140 Water Street
St. John's, NL
A1C 6H8

August 10, 2009

10 Rumboldt Place
St. John's, NL
A1A 5K8

Dear Mr. Summers:

I wanted to take this opportunity to thank you for participating in our 2009 Staff Day. Your seminar on positive thinking really got us looking at the way we use everyday language, and provided us with some great ideas on how to change the way we speak to encourage positive outcomes. Everyone found your hypnosis show to be funny, entertaining and in good taste – people are still talking about it! You helped make our staff day a successful event and we hope to have the opportunity to work with you again in the future.

Sincerely,

Lesley Troke

On behalf of the 2009 CNLOPB Staff Day Committee



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July 24, 2009

To Whom It May Concern:

RE: Fit4Life Program

I am pleased, on behalf of The Cahill Group, to provide this letter of reference for Mr. Gary Summers' Fit4Life Program.

In March 2009 the Cahill Group set out to further develop the fitness element of our Healthy Living Program. The result was the development of our **Cahill FunFit Program**. The program included five components and the key component that tied it all together was the Fit4Life Program.

The Fit4Life portion of the Cahill FunFit Program consisted of seminars as well as participants having their height, weight, body fat, body water, BMI, BMR, DMR, heart rate and blood pressure measurements taken at the beginning of the program. This was followed by weekly check-ins for weight, body water and body fat, and a final check-in for all measurements at the end of the 13 week program.

The Fit4Life weekly check-ins kept employees engaged and motivated to reach their personal goals and kept the overall program on-track.

Our Cahill FunFit Program is a total success and we owe much of that success to Gary's Fit4Life Program and to Gary himself for assisting us in getting the Cahill FunFit Program off the ground!

We highly recommend Gary's Fit4Life Program to organizations who are seeking to promote a healthy lifestyle for their employees, while creating positive morale and increased productivity in the process.

Regards,

Shirley Smith, CHRP
Human Resources Manager
The Cahill Group

