



March 18, 2002

Mr. Frank Kreze
Mastering Leadership Inc.

Mr. Kreze,

When asked to write a testimonial on what I learned during my EPP course, I pondered how I might proceed. Should I mention the unique skills I learned, perhaps the valuable techniques that I have implemented in my daily life such as the MyTime planner. Upon much deliberation I decided to simply provide my overall impressions of the Effective Personal Productivity course.

From the beginning, I was skeptical with regards to the nature of the course. I was not sure what I could expect yet from the moment I began the first session, the level of professionalism and dedication from both the facilitator and the other participants was very clear. The class was a mixture of small and large business professionals seeking knowledge and skills to assist them with their personal and professional goals.

My personal goal was to increase my level of physical activity to running 3 times a week at a steadily increasing distance. By the third session I was running 3 times a week at least 3 km per run. By the end of the sessions I had ran more than 100 km. My professional goal was to increase the number of contract our business held with US hospitals. The goal of 5 hospitals was achieved before the final session.

Although the goals I set were achieved, this was not the most valuable lesson learned from taking the course. The simple ideas of setting smart goals, working towards them, tracking ones progress and celebrating ones success were the most valuable lessons I learned. The concept is neither new nor original, yet rather simplistic and there in lays the beauty of it. Simply create a valuable goal, one that is worthy of your time and effort and work towards its completion in a realistic amount of time.

I would encourage anyone to participate in the Effective Personal Productivity course presented by Leadership Management Canada. You will learn to analyze your activities, create realistic worthwhile objectives, track your progress and celebrate your accomplishments.

Kindest regards

Peter Lozier A.R.P.
Director