

October 21, 2012

RE: Letter of Reference for Vinny Gibson, Sunflower Transitions

To Whom It May Concern;

I would like to provide a personal letter of reference for Vinny Gibson of Sunflower Transitions. Vinny was invaluable to me in “finding my way” on many levels when I moved to Cochrane.

I moved to Cochrane, Alberta from Halifax, Nova Scotia in September, 2009. I did not know anyone in the Town other than my new partner and his family. I was looking to find employment within Cochrane directly that would work with my new lifestyle and career goals. I tried working with my existing resume for employment on my own but I was not having any success. I was actually at another business in Cochrane when I spotted the business card for Sunflower Transitions and I decided to contact Vinny. It was the best decision that I could have made! With her impressive skills in employment counselling, Vinny helped me revise my resume to a more suitable style that showcased my employment history and brought to the forefront my marketable skills. She was able to coach me to prepare for interviews and also helped me see my own skills in a new light. As a result of my revised resume and renewed confidence in myself, I was successful in receiving contact for interviews very quickly and I was offered 2 positions both in the same week.

As a Life Coach, I was also able to discuss with Vinny many other transitions on a personal level that I was going through and she was able to work with me on those as well. I trusted her professionalism and frank approach with me very much.

In closing, I can't say enough about Vinny and what an asset she was to have “on my team”.

Sincerely,

Hazel MacDonald