



Julie Golich, HR Manager
c/o Sleep Data
5471 Kearny Villa Rd., Ste 200
San Diego, CA 92123
jgolich@sleepdata.com
619-299-6299 x209
cell: 425-422-5699

Dear Milo,

It's been nothing but raves about how your TEAMprovising class went for all of our people. Your plan to divide the group up into six different sessions of twenty people was the right choice. Far better that everyone got to truly bond with one-sixth of the company's 120 people and then all come back together, comparing notes, than to try to achieve bonding across the whole company at once.

There was never a question that some of our more outgoing folks would love TEAMprovising but what I really loved was seeing some of our more reserved and shyer people letting loose and even cracking up their co-workers. My hope that everyone would have the chance to shine there seems to have come true. I'm glad you did so much in paired exercises so that there was no feeling of stage fright while all twenty were participating at once.

Here's just one of the reviews that came back from our employees:

"Teamwork, communication, and the way we send and receive our message is very important in our everyday lives. We are here at work so many hours per week that we practically live with our co-workers. Understanding that everyone has a role and most importantly has a name, if we all work together, we can do amazing things. This session was definitely a great way to be mindful and helped me look at work fun a different way. It helped me realize that we are all on the same page and the same team. Thank you!"

That says a lot. TEAMprovising gave everyone the chance to feel like they could innovate, flounder at times, laugh at themselves, and ultimately succeed more often than not. I think we raised a lot of people's self-confidence and self-esteem together, something the president had as a goal.

In my debriefs with her, she's on board with my recommendation that, as we hire the next 20 people in our growth spurt, we set up a class for them to help them feel the same spirit that we all got. So glad we were able to bring this fun and learning to our staff!

Yours in fun, laughter, and growth

A handwritten signature in blue ink that reads "Julie Golich".

Julie Golich