

21 September 2011

To whom it may concern

**Re: Ref – Marichen Mortimer**

Ms Mortimer has been included in several wellbeing initiatives at Momentum. Her involvement has been much appreciated due to the commitment, dedication, willingness to customise and accommodate business need and approach to the subject.

Marichen has dedicated knowledge of the causative factors around stress and has put together a comprehensive programme to address this at a preventative level. Her programmes have been customised to business need and culture to be rolled out effectively across the group. Feedback around her programme has been extremely positive and when people applied it, has had positive results a lifestyle management.

Marichen has also been extremely valuable as a facilitator. She has facilitated wellness and occupational health strategy sessions effectively.

Marichen has been included in wellness used in specifically allocated to a needs assessment in our call centres. Again, this intervention has been thorough, considerate of all impacting factors and with dedicated, practical recommendations and interventions.

Marichen has also co-facilitated team buildings and workshops on managing stress and fostering attitudes related to flourishing.

In summary, Marichen has been a very reliable, insightful, versatile and lively component of a wellness programme. We have valued and continue to value her contribution and would have no hesitation in recommending her for involvement in the organisational initiatives.

Yours Faithfully



Rucksana Christian  
Momentum: Wellbeing Group Manager