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Peter K presented the workshop, "Create Your Best Work Life Future by Creating Your Best You" at GE's annual conference for our company's global medical personnel. The final day of the conference is always a 4 hour workshop to promote professional and personal growth. Peter K's session proved to be beyond my highest expectations. I knew when he began his session with the question "What's in it for me", (the first question most of us ask ourselves) that the workshop was going to be a winner. I watched as the participants straightened in their chairs, nodded their heads and knew the audience was hooked.

Peter proved to be a dynamic speaker throughout the morning. He was knowledgeable, articulate, funny, personable, organized and motivational. His presentation was interlaced with his own personal story as well as other anecdotes, bringing each individual topic to life. He discussed fitness, nutrition, and motivation, and gave the audience immediate take-aways to improve their own lives and those of their patients.

The fitness session included a 5 minute invigorating exercise that had 110 participants up out of their chairs, moving and laughing. He proved to the audience that becoming more fit, regardless of where you are beginning, need not be difficult and can easily be done beginning with 5 minutes every day. He spoke convincingly during his nutrition discussion about optimizing energy and healing through a healthy, preferably organic diet with "real" food, resulting in increased well-being. In Motivation, Peter discussed mindfulness and highlighted tips to decrease stress, increase individual productivity, and find personal and professional fulfillment. Since all of the conference participants were healthcare practitioners, Peter emphasized personal accountability and engagement, which would result in increased effectiveness in coaching our patients to lead healthier, happier, more fulfilling lives.

In summary, I highly recommend Peter K as a motivational speaker. He is an exceptional and unique presenter who has the skills to motivate and empower all participants to lead healthy lives for themselves, their families and their businesses.

Regards,

Beverly Doran, RN, COHN-S, CCM, HSMI