

To whom it may concern,

I recently spent 7 weeks in a job related seminar on how I and my peers can improve our selves at work and in life the way I foresaw it . From my aspect this class opened up my eyes that moving one self to another pathway to come to a different and possible more productive life stile at home and at work. Common goals can be met with a positive outlook towards one self and to others we sometimes dwell too much on items that we truly cannot change. Looking at these issues from a different perspective can and I think will better prepare ones self to solving any issue, task etc. that may come forward in the future. One and I thought the most important issue learned during the class was to listen to what others have to say and absorb their thoughts and ideas before making any assuming etc. is key to success. Delegation of course was the second most important issue here. we always tend to feel protective of what we feel are job securities , less we let other take part and help accomplish these as a team rather than one can make one priorities become more productive to reach your ultimate goal of success . So I personally would like to thank Caryn for her job well done with getting through to me what make for a successful 28+- hrs. Of training and humor for which I will try to institute in my life in the future.

Thanks frank rubino
Super o&g industries