

To Whom It May Concern:

I have had the pleasure of Anick's professional and personal company for the last 5 years and consider her not only a dear friend but also an inspiring young woman.

As an educator at Marymount Academy for over 14 years and a member of our "Adolescent Mental Health" team, I have been exposed to a number of workshops and learning sessions about how to meet the needs of our students who may struggle with many issues including low self-esteem, body image, and self-harm.

As part of our plan to address these issues in an all girls environment we brought in Anick to work with over 100 grade 8 girls. Anick's 2-day workshop entitled "F.L.Y. really resonated with our students as she recounted her own struggles with being a teenager. Her stories were real and heartfelt and many students connected to hearing their own stories reflected in Anick's. Her sincerity was prevalent and her ideas for self-care were unique and refreshing. She shared strategies she used in the past and still uses today to deal with negative thoughts, poor self-image and the pressures of living in a technologically connected world.

To wrap up on a positive note, Anick worked with the girls to build their own vision boards filled with images and quotes they love and want to live by. She challenged them to look deep within themselves and discover who they really are and what they really want out of life. Each student placed their vision board in their lockers so they could be reminded daily of their hopes and dreams.

Anick has a unique way of making everyone around her feel comfortable - with her, with life and most importantly, with themselves. Her positive energy is contagious and people of all ages love to be in her presence. Anyone who has the opportunity to attend Anick's workshops or be blessed with her company personally or professionally should embrace it. Anick and her #loverevolution will change the way you feel, think and behave!

Sincerely,

T. Jutila

Mrs. T. Jutila
Teacher
Marymount Academy