



31 July 2009

Character through Christ

Dr Paula Barrett
Pathways Health and Research Centre
4/8 Catherine Street
WOOLLOONGABBA Q 4102

Dear Paula

Thank you for your recent presentation to our parents. It was very encouraging to see such a wonderful turnout and even more exciting to witness the level of engagement by the attendees. Several parents contacted me in the days following your presentation to tell me how much they had enjoyed the evening.

One father commented that his new understanding of the changes that transpire in an adolescent's brain has helped him to relate to his son with more compassion and more hope. He was so grateful for the insights you shared and has a renewed enthusiasm to be all he can, as a parent of an adolescent boy.

Your presentation to our Secondary teaching staff at the beginning of the year was also well received. For weeks afterwards, the talk in the staff lunch room often revisited the information you shared, particularly about how the needs of highly sensitive students can be met in the classroom. So many of the teachers commented on your amazing ability to make cutting-edge research in psychology and neurology accessible to the uninitiated. Your enthusiasm, sense of humour and optimism were equally appreciated. It was a wonderful start to the year.

It is so encouraging to hear a professional of your calibre affirm schools and the important work we can do in equipping students with skills and attributes to maintain well-being. I personally am re-energised for my work thanks to your enthusiasm and optimism.

Thank you for the important contributions you are making in your field and to the young people who benefit from your programs. We are especially grateful that you take time to share your knowledge with the community, and wish you every success in the future.

Kind regards

A handwritten signature in black ink that reads 'Alison Stegert'.

Alison Stegert
School Counsellor & Life Skills Coordinator