

June 8, 2012

Coaches Training Institute
4000 Civic Center Drive
Suite 500
San Rafael, CA 94903

To Whom It May Concern,

You could not ask for a better program leader for your leadership development program than Jean Hanham. Two years ago I began working with Jean in a one-on-one coaching relationship. I had just survived a decade of emotional and physical turmoil that had forced me to go on a journey to heal spirit, mind, and body. Two years before that I was home on the couch having suffered through four surgeries that culminated with prostate cancer at age 39. Although I was no longer in crisis when I began working with Jean, I still had a long way to go. We started with looking at what mattered most in my life. I found I had everything I ever wanted- a great wife, kids, family, career, but I just didn't have me.

From a young age I have been a leader and I continue to be a leader today in my family and community as a financial advisor, board member of our local All-Sports organization and head coach of our select soccer team. Jean has helped me to tap into an even greater power to lead by helping me to live with intent and realizing how great it feels when I really have an impact on others. She has helped me to find the confidence to go out and do, and allow myself time to just be. Through my work with Jean I have found an even greater me. Coach Fred who is a loving husband and father, youth athletic coach, financial advisor and cancer survivor who tells stories to others to connect about what matters most in life. I am going to be a voice for adaptive families that can move forward through changing realities because there's never a good day to "get cancer".

All of this is possible because Jean always allows me to be 100% myself. I trust her enough that it is okay to be vulnerable. Jean is an incredible listener, and knows when it's needed for her to be directive. She has a huge capacity for understanding people's differences. Jean is able to articulate my strengths, strengths that maybe I didn't even know I had. She has a unique ability to help me understand and tap into my own potential. Not giving me her answers but leading me to my own answers. From every meeting I walk away with some actionable item- something I can actually do or use in my relationships and whenever I stray or get confused about where I'm going Jean is able to help me get right back to the core of who I am.

Four years ago after cancer, I was on the couch in the dark wearing a diaper holding the puppy watching old John Wayne movies I'd watched with my father growing up. This past winter I realized my dream of beating cancer and celebrated by going on a Heliskiing adventure

in interior British Columbia. I returned home, made a video telling my story of going from the couch to the top of the world and have started to share it with the world. I have scheduled my first motivational speaking event as Coach Fred at Ameriprise Financials' Top 100 Women Advisors forum. I have started to write a book about my story and know more every day that my life has changed direction and I now live my intended legacy.

If the goal of your leadership development program is to help people transform their lives and have a greater impact on the world around them, you couldn't ask for a finer leader of leaders than Jean.

I'm Coach Fred and my Coach is Jean Hanham!

A handwritten signature in cursive script, appearing to read 'Fred'.

Coach Fred
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Goddess Heal
a place for healing teaching & guidance

June 12, 2012

Coaches Training Institute
4000 Civic Center Drive
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San Rafael, CA 94903

To Whom It May Concern,

An honest, heartfelt, desire to help people achieve their dreams is a sign of character sadly lacking in today's world. But, to really help people get to where they want to be takes more than desire, it takes skill; it takes instinct, intuition, effective communication, and the ability to inspire people to achieve, to go beyond their programmed limitations. It also takes a kind of star power, and I mean that in the best of all possible ways, true stars being people of enormous talent who have worked extremely hard to get to where they are and whose very gifts have both touched and changed people's lives. Jean Hanham is the epitome of the person I have just described.

I have watched Jean over the years meet her challenges with great grace, wry humor, and a native intelligence that cannot be bought or taught. I have appreciated her flat-out honesty, her deep compassion, and a-balls-to-the-wall, level of support for my work that I had no idea existed. She excels at reframing the difficult into something workable, skillfully creates intimacy without becoming your mother, genuinely understands and respects boundaries, and is both positive and enthusiastic but no Pollyanna. An eloquent listener, Jean is adept at staying on point and has continually demonstrated to me an intuitive, instinctive understanding of the push-pull that is life coaching.

It is my honor to recommend Jean Hanham to be a leader of a Global Leadership Program. She will be an asset to the organization and the people who work with her will indeed be blessed.

Sincerely,

A handwritten signature in cursive script that reads "Katherine Manaán". The signature is written in dark ink and is positioned above a horizontal line.

Katherine Manaán
kat@goddessheal.com

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