

Re: CI EDGE

I have had the honor of reviewing an extraordinary program, initiated and led by Donnalee Kelly, who intends to help others to add quality to their personal and professional lives. From her own versatile scholarly and experiential background, she applies psychology, sociology and common sense to construct strategies to help others add quality to their lives. Her belief, as she leads the program, is that a person does not require a vacation to unwind; there are tools available to understand, respond appropriately, and thereby improve life's situations and relationships with others, here and in the now. Exercises to release stress can be applied wherever a person is. Donnalee helps people to develop bridges over troubled waters, so they can reduce stress and achieve healthy sleep patterns. She has referred to her program as a "rest and relaxation tune-up" that can make life easier for those who apply their freedom of choice, to use her suggested tools. After having reviewed her program and interviewed Donnalee, I feel confident that her program can bring a fresh attitude and enthusiasm into one's personal and professional life.

Sincerely,

Dr. Nancy Doetzel (PhD, MA, HBA, HBSW, BA, ICADC)