

Daniel Lappin
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Dear Daniel,

Thank you very much for introducing me to the performance benefits of somatic communication skills. The skills I learned during the bodywork session with you have been a turning point which have immediately improved my performance on the job. As well, it has brought more personal awareness and satisfaction.

Supervising a department that clears options trades for clients at the Pacific Exchange I am constantly dealing with people who are rushed, yelling, angry and stressed. Therefore, maintaining a calm, focused composure is a valuable skills.

The productivity gains have been immediate. In one case, instead of reacting to a person with wound up anger, I communicated with clear, grounded, forceful conviction. We resolved the issue promptly. My co-workers were astonished. They thought I'd have to leave the office to cool down, but instead, my work continued as normal.

I now have a very different awareness and focus about how to handle this stressful work environment. I recognize stress signals in my throat and body and am able to adjust accordingly before hitting the threshold. This makes my job more satisfying.

My ability to maintain a calm composure increased significantly after the session with you. Every morning I practice some of the skills, so that I'm cheerful when I walk in the office. I am able to quickly conjure up that state of total relaxation, as if I'm suddenly in Aruba. I'm There! The day after the session, nothing could have bothered me. My boss commented that I even looked different. Something had changed.

From my experience in this industry, many people don't realize the accumulated stress in their body. They have no clue how wound up they are. I realized how much stress I was holding when I relaxed 100% during the massage with you. Now I know, I never want to hold that much physical tension again.

Thank you for opening this door for me.

Much Success,



Mark MacDonald
Administrative Supervisor
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