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IBT NZ Limited  
PO Box 128 185  
Remuera  
Auckland

To Whom It May Concern:

I attended PEP over a year ago. My initial objective of the program was to help me gain control as I found I was chasing my own tail all the time. I had done other Time Management Programs but obviously they didn't make a difference.

PEP has really helped me. I have an awareness of a better way to work. The coaching helped me 'see' my problems and then provided me with tips to address these work issues. The on-going coaching and program support is the key to PEP's success within the workplace. In particular, I am now able to negotiate work within my 'peer team' in language that is common to us all.

As a team, we achieved the following benefits:

- The 4 Quadrants focussed on activities which impact not just on the urgent ones.
- We all became aware of where we spend our time.
- We became very conscious of pushing back/questioning the value on low impact activities
- The management of our peers improved with the common PEP language

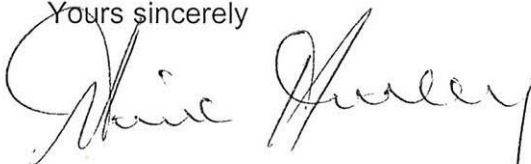
The greatest benefit from PEP for me personally is:

- I am more organised at work
- I am not 'chasing my tail' as much
- I know what is coming up next

In addition, PEP has helped me with more time for quality, focussed planning. This planning really supports work/life balance and as a result, I am less stressed.

Our whole team has benefited from PEP, and a year on I am still utilising the PEP skills as an individual and within my team.

Yours sincerely



Vince Hurley  
People Capital Consultant < Employee Relations