

September 23, 1996

To Whom It May Concern:

This letter is to serve as one of recommendation for Karp a.k.a Michael Karpovich--educator, entertainer, and emotions elicit-er extraordinaire. He served as a keynoter at the ninth annual New York State Lakeside Health Promotion Institute.

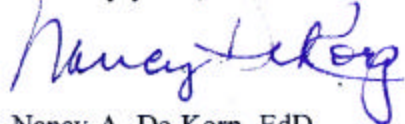
Mike taught us the art of caring for ourselves...and to 500 school people that's nothing to shake a piece of chalk at. He made us realize that by taking care of ourselves--a group of nurturers-of-others by trade, we ultimately will be taking care of those around us. He made us realize that taking care of ourselves was not a selfish act but was necessary to be the best we can be. Of course he made us realize that taking care of ourselves simply made us feel good.

Mike Karpovich brought the audience to laughter, tears and thought provoking silence. He educated us by disguising it as entertainment. He spoke to our hearts, to our minds and to our souls. His message was loud and clear, quiet and subtle. He was very deserving of the standing ovation given him.

Without hesitation I not only recommend Mike Karpovich as keynoter but would urge groups to seek out his services. Few would be disappointed in this uplifting, motivational speaker.

Do service to your organization by bringing in Karp. His message will have lasting impact on many of your people.

Sincerely yours,



Nancy A. De Korp, EdD
SASH Center Coordinator
Lakeside Institute Director

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PS: I have enclosed a copy of the evaluation Mike received from the participants. It speaks for itself.

Participant Evaluations for “**The Art of Taking Care of Yourself**”

Keynote-- Michael Scott Karpovich, CSP

New York SASH (Statewide Advocacy for School Health) Conference

1. Excellent speaker. I had heard him at our NYST conference and he was even better today. Thanks for selecting him.
2. The speaker was excellent.
3. Wonderful - thanks for the gift
4. Great use of humor - very insightful.
5. I've learned more than what was actually spoken! Bring him back again and again!
6. Good humorous approach
7. Very inspirational. I love the handout... very important so you can take something with you.
8. Very motivating and captivating
9. Humor is an effective and healthful delivery system for looking at yourself.
10. The message is valuable.
11. He's fabulous! Bring him back.
12. very inspirational
13. He was definitely a motivator - Very energetic. Would listen to him again. Best so far.
14. I really needed this!
15. Very inspiring speaker; very valuable message
16. Very supportive
17. He was interestingly good.
18. Level of enthusiasm helped keep attention and portrayed message excellently.
19. One word - excellent; humorous, timely, appropriate
20. Super - this is the greatest - I really needed this.
21. dramatic and inspirational
22. Very inspirational
23. “We're doing the best we can with what we go!” Revitalized me! Very inspirational and thought provoking! Great things to take back. Reinforced what I had believed before. Do things for yourself!
24. Very good and to the point, he brought out many things that really happen in school. Everything he spoke about is very true in our schools.
25. VIP “You're exceptional teacher”; must take care of “u”; humor great but message - “you're great” and don't let yourself stop growing; I love idea “have class applaud” along with many others; you can't save, help, and enjoy them all.
26. Great speaker; and super person! a real person; lots of emotions
27. Great energy - that's what all morning sessions should be to start our days
28. He was extremely motivating and thought provoking. I was extremely moved. I wish him much luck.
29. Terrific! I could listen to him all day. Good message.
30. People need to heed his message about needing to fulfill oneself first.
31. Very entertaining - good message live life and love it! Must have speaker!
32. Super, super!
33. I have heard Michael once before. He is an excellent presenter.
34. I may not “spring” for flowers for yourself, but I will take that time for myself more often than I do now.
35. very enthusiastic, real and truthful! Wonderful presentation!
36. Good presentation. Excellent ideas for prevention for burnout.
37. Very Good speaker! Does he do workshop??? Maybe next year?
38. Excellent job! Very enthusiastic!
39. Superb!
40. WOW! I feel great!
41. Thank you. Think I will go back to my room for a good cry.
42. Thank you for such a gift of love
43. Thank you!

44. He was terrific! We need to hear him every year!
45. [major smiley face] WHOA!
46. Phenomenal! Thank you!
47. Wonderful! Very informative and entertaining.
48. Michael was fabulous - so inspirational. Excellent speaker!!
49. What a difference from yesterday's speaker!!! This guy is great, makes us feel powerful and effective instead of telling us that we aren't doing enough and aren't doing it right. He made me want to do more.
50. Fun - time well spent.
51. I haven't been a classroom teacher for nearly three years, and this conference, particularly this motivating speaker, made me miss my kindergarten kids more than ever! What a positive, enthusiastic, motivating speaker! Dr. Grover Evans, who was de-motivating and whiny, should have been here to hear a real speaker.
52. Absolutely outstanding!
53. Would like to hear more about how he managed to succeed.
54. An excellent presenter - both humor and substance here.
55. Do this again!!
56. Thank you for today! God bless you!!
57. Fantastic! Stipulating! Encouraging!
58. Not long enough. He has so much to say. I could have listened to him so much longer. Have him back. Super choice!!
59. Comments shared were very specific to my needs; just what I needed to address a very important decision re: a job change. I've decided to remain where I'm at and keep me strengthened; it's what I really want to do career-wise instead of giving up for an easier task.
60. Karpovich is oh so easy to love; a very sensitive man who has all that it takes to deliver a message but to touch our souls in many ways.
61. Bring him back!
62. Wonderful speaker. Thanks a lot for inviting him!
63. Really Excellent!
64. Great keynote speaker - got message across with humor - it would be wonderful if you could get copies on tape of some of the keynote speakers.
65. Wonderful!
66. The fact that a speaker has overcome obvious disabilities was very inspiring.
67. A great message!!
68. Outstanding! [a huge smiley face]
69. Mike is an exceptional presenter. He should lecture to more teacher groups. We need to be reminded everyday of his message.
70. Great presentation; very motivating.
71. Super motivator. Would like to have Michael speak at our Buffalo Teachers Conference Day.
72. Again, Michael, like Janie, is a wonderful motivational speaker for faculty/staff. I wish I could have either one for our opening day in September. This is what all of us in education need!
73. I really enjoyed this speaker and I hope when I come back next year, he'll be here again.
74. Thank you!
75. Could use him as a keynoter for a superintendent's conference day.
76. Great! Bring him back! Not enough words to show how great he was.
77. Oh wow - come to my school. Thank you
78. WOW! Thank you!
79. Wonderful insight into how to help myself re-coup and help me be a better person to help others.
80. Fabulous! Dynamic Charismatic, profound, humorous and timeless!
81. What a GREAT role model for learning disabled people! Thank you!
82. Super, humor and touching