

19 OCTOBER 2017

TESTIMONIAL LETTER FOR KATE FORBES CONSULTING SERVICES

ATT: TO WHOM IT MAY CONCERN
RE: KATE FORBES CONSLUTING SERVICES

Kate's services was used extensively during a period where the company was going through cultural change, expansion, growth issues, a retrenchment policy and there was huge amounts of negativity within the organisation which included the blue collar workers.

It is noted that the company used many consultants previously that were unable to make effective change, when Kate was brought in, the transformation in all aspects of the company was visible over a very short period of time.

Kate was able to continuously change mindsets and attitudes of staff members which would include their eating habits and increase their energy levels and thought processing abilities in so many divisions in the company.

During that period, she was able to touch many people's lives and not only change their working ability, but their personal and social mindsets as well.

The Chief Executive Officer of the company Arnold Friedman, was dealing with his own issues regarding his two sons that were in the company. Kate managed me through an extremely difficult period and was able to get me to rectify the issues.

Listed below are a couple of projects initiated by Kate Forbes;

- 1.) The first project which she started with was Blue Collar Wellness whereby she was able to recognize and change the attitude of so many of our Blue Collar workers by consistently talking, explaining health matters and offering in-house smoothies which then became a huge part of their lives.
- 2.) She also got involved with motivating our sales team explaining the harmful effects of certain types of food and had the ability to once again change the attitudes of the sales staff that absolutely enhanced their performance on a personal as well as business level.
- 3.) Kate Forbes suggested that it would be within the company's interest to start giving back to society. It was her that created the idea in the company called Spartan Angels which today is the Social Development arm of the organisation which has helped hundreds of people and affected so many lives in such a short period which included a Crèche' in Tembisa, assistance with the Plettenberg fires and winter soup and clothing run for the needy and so much more.

Kate Forbes is one of the few people that I have met in my life that has the ability, the experience, knowledge and inclination to create positivity within individuals' and organisations and any company who uses her services could only benefit.

Kind Regards


ARNOLD FRIEDMAN
CHIEF EXECUTIVE OFFICER



Level 1 BBBEE Value Added Service Provider - SQAS Accredited

Spartan Truck Hire (Pty) Ltd Registration No. 1988/05507/07
Directors: AM Friedman (Chief Executive Officer), M Ngoasheng, Shailesh Koobair

