



SC Launch Program
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To Whom It May Concern:

I write to highly recommend the services of Dr. Ja'net Bishop for resilience and wellness training, as well as stress management coaching. Dr. Bishop is an inspirational educator, coach, motivator and wellness trainer sharing a culmination of her life's work as a military officer, school principal, entrepreneur and resilience advisor to, as she puts it best, help others realize their best selves. When our workforce and our communities embrace the dimensions of wellness Dr. Bishop practices, we are more productive, more innovative, more compassionate, more tolerant, healthier and happier.

Dr. Bishop is commanding and funny at the same time. She engages her audiences and advisees with personal stories about her own life, and just as easily interweaves scholarship and best practices to teach others how to balance work-life demands in order to live well and prosper.

I have had the distinct pleasure of working with Dr. Bishop and engaging her for motivational speaking. She is, hands down, a wake-up call to put and keep joy in our lives. In her last address to an audience of our start-ups, at the end of a long day of people talking and networking, with folks starting to slump in their seats, Dr. Bishop was the exclamation point at the end of our sentence (day's work). She is someone you should know and engage for all levels of wellness and resilience training, to be sure.

Jill A. Tarzian Sorensen
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