



To Whom it May Concern:

I am pleased to write a letter of reference for Janine Ramsey. Ms. Ramsey has presented several times for the United States Swim School Association. She most recently presented *The Highly Sensitive Child in Swim Lessons* at our National Conference in Orlando, October of last year (2011).

Janine has extensive experience speaking on this subject matter and is incredibly passionate! Her delivery commanded the audiences' attention and she related well to/with our members. She communicates well with people of all ages and levels and I found her extremely committed to sharing her knowledge with our members.

Here's some of comments from the audience:

"Loved Janine Ramsey! I was welling up and had to fight back tears through the whole lecture."

"Janine's presentation reminded me to always remember that there may be something more, something under the "harder to work with" child. Thank you!"

"The Highly Sensitive Child session was wonderful."

"Janine was fabulous!"

"So helpful, I learned a lot that I hope to apply to in my instruction."

I feel Janine would bring her valuable talents and assets to any presentation that she delivers and therefore I would not hesitate to recommend her to speak to your organization.

Sincerely,

A handwritten signature in blue ink that reads "Mary Reilly-Magee".

Mary Reilly- Magee, President

Participant Testimonials USSSA Conference Florida 2011 The Highly Sensitive Child

"After hearing Janine Ramsey's wonderful presentation on Highly Sensitive Persons I came away with a much greater understanding of some of the behaviors that I observe in many of my students at our swim school. For example I mentioned this topic to one 3 year old's mother in regards to his obsessive need to have the loose end of his goggles strap tucked in so it wouldn't flop around when he swims. She mentioned that he is also very particular as to the texture and softness of clothing, to the point that on very cold days he refuses to put on a sweatshirt because of the way it feels on his body. She has given a lot of thought to being more patient and tolerant when he expresses his frustration with these situations thinking that he may in fact be a HSP individual. I also look back with regret as to the lack of patience I showed our youngest son when he refused to eat spaghetti sauce from a jar unless my wife ran it through a blender first. He would not eat it if there was texture or as he said..lumps. Same with oatmeal and the like. Thank you Janine for providing us with another tool in helping to better understand and more effectively communicate with and teach others."

Best wishes,

Johnny Johnson

President, Swim for Life Foundation

Immediate Past President, National Drowning Prevention Alliance

Past President, U.S. Swim School Association

President, Blue Buoy Swim School Inc.

"If you ever have the opportunity to attend Janine Ramsey's presentation on *The Highly Sensitive Child (HSC) in Swim Lessons*, GO! You will indeed gain an invaluable understanding of what is behind the behavior of many "difficult" students in your swimming programs and how best to encourage them. But, more importantly, through Janine's entertaining and thought-provoking style, you will also gain insight into and an appreciation for friends, family members ... and possibly, yourself. Thank you Janine!

Cindy Johnson

Blue Buoy Swim School

"Thanks to Janine's presentation on Sensitivity (USSSA National Conference 10/1) I now understand that I process sensory data much more deeply and thoroughly than most people. Understanding that twenty percent of the population is wired this way has enabled me to appreciate who I am. Janine has helped me be more aware of my students needs and feelings."

Thank you Janine.

From the heart, Bette Pipes