



October 12, 2010

Ms. Carol Carlan, CEO
Carlan Consulting, LLC
P.O. Box 13265
Pensacola, FL 32591

Dear Carol,

The audience raved: "I loved her presentation." "I received confirmation that I do not have to accept negativity. I am a powerful woman who believes that I can achieve great things after hearing Carol." "Carol was inspiring. Thank you for the confirmation."

Carol, your presentation "Put Down the iPhone, Step away from the Blackberry: Balancing career, family, and self" to the attendees at the third annual conference of the Florida Office of Women in Higher Education (FLOWHE) held in Pensacola, FL, on October 8, 2010 was a refreshing reminder that life is short and finding one goal we can accomplish is more manageable than trying to do it all and achieving nothing. Your presentation captivated the 97 women in attendance representing all levels and responsibilities within higher education from Office Administrators to University Presidents. You reminded the FLOWHE audience that solutions for personal growth involve recognizing our strengths as well as our limitations. The tip of finding time to daily assess our life through journaling is something we can all utilize. Your personal story resonated with the audience and reinforced the fact that we cannot allow our circumstances and how we choose to handle negative experiences to dictate our personal growth and ultimately what we can achieve. My personal favorite Carol words of wisdom were "you can have it all - but not all at one time." Carol, you are definitely inspiring and the FLOWHE Conference was exceedingly blessed that you shared your wisdom and wonderful wit with us.

Sincerely,

Angela E. McCorvey, Ed.D.
Associate Vice President
Diversity and International Education and Programs
Northern Florida Region Chair
Co-Chair, The FLOWHE Planning Committee