

Dear Caryn International,

I am really impressed with the knowledge and experience of your program and your instructors. I have learned a lot in the short time I have been here. I have also gained a great deal of confidence and self-respect.

The Performance One Workshop has given me a lot of knowledge on many things including: make-up, communication, personal care, health, fashion, runway, and the modeling business as a whole. My instructor, DeAnn was great! She had tons of advice and facts for us about the business.

I learned so much during th four sessions. I now know how to properly apply make-up and also what each individual product is used for. I also learned a lot about communication, which is something that I hadn't anticipated learning before coming here. I learned about eye contact, and body language. I also learned about posture and personal care (how to eat right, exercise, and stay healthy). Another thing that I learned a lot more about was fashion and clothing. Learning the runway was exciting! It did take some time to get the walk and pivots down, but now that I remember all that I just need to keep practicing! I learned a ton about the modeling business as a whole and that it takes a lot of hard work and determination. I feel ready now to go out there and show everyone what I'm made of because of this workshop!

Another thing that I gained from this workshop was a great deal of self-confidence and respect. I learned not to be so critical of myself and others. I feel like a whole new person!

Thank you so much for all you have done for me and all of the knowledge you have filled me with. This was truly a wonderful experience!

Sincerely,

A handwritten signature in cursive script that reads "Kristin K. Gregory". The signature is written in black ink and is positioned above the printed name.

Kristin K. Gregory