



Coach Vee Mitchell-Palmer,

Thank you for your participation in the 2019 Creating Purposeful Resilience 2 ½ day Journey.

I am writing this letter to let you know how very proud of you I am. Hearing your story about your personal mental illness struggles, your decision to no longer play victim and your plan to change how the public sees and deals with this shunned topic, was a real attention grabber. I can personally tell you the world better get ready. Because one cannot hear YOU speak and not be moved to take action and follow your lead.

Ah Yes. Go Head Sis!

Love how you coined Mental Health is Sexy. Certainly, a great way to open up a conversation moving others to believe in their very own mental preparation and daily exercise for continued healing and a positive outcome. Go Head Sis!

Your story shared over the September 26<sup>th</sup>-28<sup>th</sup> weekend with our intimate group of women is still a buzz and I can tell you I will be following where your journey takes you next. Yes, you have a fan, and I say Go head Sis!

Queen, you are powerful.

I highly recommend YOU and look forward to locking arms with you again.

Continue to BE Undeniable!

~ Myrtha Dubois

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