



HARVARD
T.H. CHAN

SCHOOL OF PUBLIC HEALTH
Powerful ideas for a healthier world

To Whom It May Concern,

I am excited to confidently recommend Natascha F. Saunders as a superb career coach, consultant, and skilled facilitator. Dr. Saunders served as the featured speaker for the 2023-2024 Lunch 'n' Learn Series at the Harvard T.H. Chan School of Public Health. Dr. Saunders brought to our community a powerful blend of expertise, passion, and authenticity that deeply resonated with participants and contributed meaningfully to their personal and professional development.

Over the course of four transformative sessions, Dr. Saunders led participants through a curriculum designed to foster growth in resilience, confidence, assertiveness, personal branding, leadership, and emotional intelligence. Each session was not only rich in content but also thoughtfully structured to encourage reflection, interaction, and practical application.

Dr. Saunders' delivery was engaging, thoughtful, and highly relevant. Her ability to create a safe, inclusive space for learning was widely praised, as was her commitment to encouraging continuous self-improvement and leadership readiness. Through her work, she not only enriched the professional capabilities of our participants but also left a lasting impact on their personal development.

I wholeheartedly recommend Dr. Saunders as a speaker, facilitator, and leadership development expert. Any organization would be fortunate to benefit from her knowledge, charisma, and genuine commitment to empowering others.

Sincerely,

Jennifer Castle

Director, Strategic Projects & Diversity Education
Harvard T.H. Chan School of Public Health