



THE WOMEN'S COLLEGE
WITHIN THE UNIVERSITY OF SYDNEY

9 May 2012

To whom it may concern,

Testimonial for Paula Kotowicz

Paula Kotowicz has a strong relationship with The Women's College and has been a key part of our mental health communication strategy with our residents. Her involvement with our organisation pre-dates my time at the College and I have worked with her for two and a half years. Paula is an exceptional communicator and we have been very fortunate to have benefitted from her expertise and knowledge.

Paula has delivered a number of mental health presentations to our residential community. Our community is made up of 283 women attending university with over 90% of this group being between the ages of 18-21. Paula has been invited by the Principal of the College, Dr Jane Williamson, on a number of occasions to deliver presentations which focus on the mental health challenges young women face, particularly in the area of eating disorders and associated behaviours. When planning these information sessions, Paula has consulted me on what our organisation wanted and designed presentations which fitted our unique requirements. On each occasion, Paula has provided our residents with the latest information and research in an engaging and positive way. She also provided the students with follow up information on where they can seek advice. She has been a proactive force in our college community by dispelling myths, raising awareness and decreasing the stigma associated with eating disorders.

Paula thinks outside the box and is creative in her approach in tackling mental health. One example is when Paula assisted our college community by linking us with a national study coordinated by the Butterfly Foundation into eating disorders in tertiary students. Without Paula's proactive thinking and professional networks, we would not have had this opportunity. She looks after her clients and is committed to providing them with every possible or available service.

Three advantages of Paula's approach to mental health are that, firstly, she communicates not only clearly and effectively, but in an engaging way. Paula has a thorough understanding of youth issues and uses this knowledge to tailor her approach for the best outcomes. Secondly, Paula is an extremely skilled communicator and manages to address sensitive issues with finesse, ease and even a bit of humour where appropriate. This helps to put others at ease and more open to address mental health concerns. Lastly, Paula's knowledge and expertise in the field of eating disorders and its associated behaviours means she anticipates responses and plans her communication and content for audiences strategically.

On a personal level, Paula is trustworthy, kind and handles everything in a calm, professional manner. Nothing is too difficult and she always has a positive attitude. Please contact me if you have any questions; I would be more than happy to discuss my recommendation of Paula and I place my full confidence in the success of Paula's professional endeavours.

Yours sincerely,

Louise Prowse
Senior Resident Assistant

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