



Lake InSight Coaching

*Oceanview Executive Centre
#203 – 335 Wesley Street
Nanaimo, BC V9R 2T5
tel 250 824-5006
fax 250 824-5001*

Recommendation for Dr. Simington

I am producer and host of the Dr. Lake Show, on CHLY 101.7 fm. I had the pleasure of interviewing Dr. Jane Simington on two occasions as a guest on my show, which focuses on building resilience and overcoming life challenges. As a guest, Dr. Simington was engaging, informative, and insightful when sharing her knowledge and personal experience about grief and healing. Her views on grief gave a message of hope for anyone who may have experienced personal loss. With a presence of compassion and authenticity, she describes her personal story of healing that inspires and gives us the courage to face our own losses. I highly recommend Dr. Simington as a radio guest and look forward to future opportunities to discuss her valuable insights on grief in the future.