

London 04 January 2003

Re: Certificate

Hans Egil Gjerde held a successful presentation, the 14<sup>th</sup> November 2002, for the Young Professional Chapter at the Norwegian-British Chamber of Commerce.

The presentation was about how to tackle stress in an ever-changing environment. The "Pepp Method", the method his company has developed, deals with stress management. Hans Egil Gjerde introduced the 22 attendants to consciousness-raising of stress symptoms and the "Power Nap", an effective way of relaxation. Altogether a very popular event among the attendants.

Best regards,

Anni Glesaaen  
General manager

NBCC Main sponsor



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