



To whom it may concern,

My name is Lauren White, owner of Indigo Life, a video marketing agency and online TV brand. Our mission is to transform the way we consume content and interact with our community by building virtual relationships that enhance offline experiences. Our core belief is that the things we consume directly impact our thoughts and actions.

Self-awareness is a huge part of developing our employees and community partners. Heather has facilitated workshops that have left a lasting impact on our team dynamics and quality of work. She has the ability to facilitate a group with various personalities by creating an environment where everyone responds from a place of feeling safe and heard, which is essential to transformation.

This work is important because businesses are made up of people who have personal feelings. Organizations are at risk of experiencing setbacks to employee effectiveness if there is a lack of culture that embraces healthy awareness and conflict resolution.

I highly recommend Heather Horton as someone who can help lead your team and organization down a path of growth and unity in shared values around a mission.

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