

HARRIS COUNTY EMERGENCY SERVICE DISTRICT 13 CYPRESS CREEK FIRE DEPARTMENT

11900 Cypress N. Houston Cypress, Texas 77429 (281) 894-0151



1st Responder Conferences

Harris County Emergency Services District 13 11900 Cypress North Houston Cypress, TX 77429

January 2, 2024

It is my pleasure to write in support of Shawn Thomas and 1st Responder Conferences. I have been affiliated with several conferences and organizations over the past few years that focus on the mental well-being of veterans and first responders. 1st Responder Conferences is real, raw, and exactly what individuals and organizations alike need exposure to. Being chosen to present at 1RC was what I consider to be the pinnacle of my ability to effectively communicate with attendees and feel, not only welcomed, but accepted when finished. From the conversations had, the formal networking, and through the sponsorship partners, everything 1RC commits to is inexplicable for the individual attendees.

Directly focusing on my experiences with Shawn and her team, primarily those related to the communication and logistical abilities, which demonstrate the qualities necessary for a successful conference or any event for that matter, 1RC shows excellent knowledge, relationship skills, attendee care, and leadership capabilities that are unmatched. I have observed Shawn and her staff in multiple settings and the above qualities never waver. The time and careful consideration and circumstance is clearly evident from the start of communication with 1RC and seen through until conference completion.

In addition to considerable knowledge in the mental wellness setting and exemplary performance in providing successful and meaningful conference experiences Shawn is a warm and engaging individual who leads from the front, consistently exhibits curiosity and motivation to learn from others and takes special interest in their local and regional wellness and fitness resources. You can tell from the very first meeting 1RC comes prepared for all types of learning situations/environments, having and quality partners and endorsing agencies to work alongside the conference, as well as participating actively in all elements of the event. Shawn has the innate ability to articulate, coordinate, and the know-how to utilize her prior knowledge effectively in the formal conference setting. In addition to prioritizing 1RC, Shawn considers the ultimately and simply strives to absolutely meet the needs of others.

In conclusion, I am happy to give my highest recommendation to Shawn and 1RC for your consideration. In my experience, this is by far the most impressive, provoking, and

inspirational program and conference I have yet to have the pleasure of being a part of. If you have any additional questions or require further information, please do not hesitate to contact me using the information below.

Best Regards,

Jason M. Corthell Division Chief

Harris County Emergency Services District 13

Cypress Creek Fire Department

Ironclad Wellness Director/Speaker

Cell Phone: 346-412-2848

Email: jason@ironcladwellness.com