

3. Exceptional dedication and initiative* – Provide a description of between 50 to 250 words.

How is this person a role model to others due to his or her actions and initiatives that go above and beyond?

4. Results* – Provide a description of between 50 to 250 words.

What are the results or positive benefits stemming from this person's actions and how does he or she make a difference in the community?

Your information

First name*	Last name*	Telephone*
Email*	What is your relationship to the nominee?	

Email communications

By checking the box below, I agree to receive by electronic means information on the products and services, new features, special offers and promotions of La Capitale Financial Group Inc., which also operates under the name of La Capitale Insurance and Financial Services, its subsidiaries and their authorized representatives. This consent may be withdrawn at any time.

I agree to receive electronic messages as described above.

Eligibility conditions*

I confirm that I have read and agreed to the rules available at: <https://www.lacapitale.com/recognitionaward/contest-rules>

Submit by email

Tips for preparing nominations

It's important to take the time to adequately prepare the nomination of the person you intend to propose. It will help him or her stand out among the members of our jury. Here are a few tips:

- Read the [contest rules](#), and pay close attention to Section 5.
- Draw inspiration from our contest's [previous winners](#).
- Take the time to identify the main elements that set your nominee apart from the rest and highlight them in the nomination form. Ask those closest to the nominee for help in this area.
- Write clearly and concisely.
- Keep your comments to under 250 words for each of the 4 criterion, each of which accounts for 25% of the final rating.
- Review the file before sending it in or have it revised by someone else for typos.