



Geneva, February 23rd 2015

RE: Mindfulness Workshops at UNOCHA, Geneva

To whom it may concern:

In September 2014, as part of our Wellbeing Programme provided to our staff at the United Nations Office for the Coordination of Humanitarian Affairs, Mr. Boaz conducted a two Mindfulness sessions in our Geneva Headquarters.

He excelled at engineering, organizing and presenting in detail the following psycho-education topics:

- Self-Care;
- Culturally-adapted communication techniques for field missions;
- Self-awareness, personal development and team management.

His acute expertise of the materials, his high quality of knowledge transmission, charismatic presentation skills and sense of humour filled the workshop rooms with an ambiance of trust and ease, conducive to participants' sharing and in-depth understanding of the topics covered.

I highly recommend him for any venture of public presentations and training of personnel.

Sincerely,

Jorge Sierralta

Jorge Sierralta, PhD.

Chief of Staff Counselling, UNOCHA

email: sierralta@un.org

Tel: + 41 22 9171972 | Mob: +41 79 4440053 | Skype: counselling.ocha