

Copenhagen, 11th January 2023

To whom it may concern,

I am writing this letter to recommend the services of Nikolaj Højberg based on my experience in contracting him to run a mindfulness course for employees at ReD Associates in late 2022.

Nikolaj was referred to me by a colleague who has previously taken his mindfulness course in Danish. I enquired with Nikolaj whether he was willing to conduct a similar course in English, to which he agreed. Aside from our language needs, he also asked me about our intentions in running the course; these were to foment a mindfulness practice within the company and give the necessary skills to those interested. Nikolaj masterfully tailored the workshops to fit our demands and the team's availability. We had three workshops running for three weeks for about an hour each.

The course was insightful and hands-on. Having more than one session helps one to get a taste of mindfulness and break the early barriers – and possible awkwardness – of sitting still. When asked about feedback on the course, 100% of my workmates were satisfied with it and thought the skills acquired could help them perform their job better.

They also commented:

"I thought it was organised exceptionally well, I liked the array of different types of mindfulness practices we were introduced to and variation in each session but also the bringing in of the logic behind it before we began. Nikolaj was extremely good at what he did!"

"I thought the course was very well structured. The balance between conversation and meditation was perfect... it allowed me to do both with the right amount of depth."

"This was a fantastic course! I really appreciated it – also that the sessions were a full hour, which let us really dive into the practice in a way that I think wouldn't have been possible in a shorter time frame."

Taking the course has given me the skills and motivation to keep my practice, as well as incentivise my colleagues to continue theirs. When I asked my colleagues what they took away from the course, they said:



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”The actual role of mindfulness is less about being good at it or pressure to be perfectly calm, but taking the time to get out of your head and thoughts and bring the attention to the body. This was a really useful and pragmatic way to frame mindfulness.”

”It is important to take a couple of minutes every day to get some perspective on what you are doing, and mindfulness can allow you to find that space from which perspective and distance can come to life.”

“New mindfulness techniques, and a better understanding of mindfulness and how it can help to combat work-related stress.”

I firmly believe Nikolaj's skills can bring value to any company willing to create a healthier workplace. If you need further details about his capabilities, please get in touch with me at gse@redassociates.com or +45 2118 5965.

Best regards,

Gustavo Segat
Consultant
ReD Associates