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13.12.2022

Testimonial Ori Harel

When the two Equal Opportunity, Family and Diversity Departments' of the University of Konstanz and the University of Applied Science of Konstanz, initiated the Awareness Weeks in summer 2021, Dr. Harel was hired to give a digital class in Mindfulness Training. That class was combined with a daily "challenge" in which the participants had to come up with different personal mind practices they integrated in their daily routines, followed by a discussion, and an advertisement with further ideas for more practices in the next session. Working was creative, well-designed, and highly professional.

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