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**To whom it may concern: Letter of recommendation for Dr Orit Harel**

I have been working very successfully with Dr Orit Harel for the last three years. She regularly offers the course "Mindfulness for Academics" for PhD students and postdocs of all disciplines in our event programme, either as an online event or an on-site event.

Dr Harel's 9-week-course "Mindfulness for Academics" includes topics such as stress management for academics; attention and the brain, i.e. monotasking and how to better focus; coping with negative thoughts, self-doubts, and imposter syndrome; decision making and acting according to one's values; time management and how to Get Things Done; procrastinating and mindful scheduling; motivation and habits; conflict management and harmonious communication.

Dr Harel consistently delivers excellence as a trainer. She is a proven expert in Mindfulness and she knows the needs of junior researchers very well and designs her concepts accordingly to suit the target group. She is also always open to customize her concepts according to the requirements of our event programme. The evaluations of her courses are very good, and participants often want to book further courses with Dr Harel.

It has been a pleasure for me to work with Dr Harel and to exchange ideas and plan courses with her. I can highly recommend her Mindfulness courses to other academic institutions.

Best regards,

Dr Julia Breitbach