

Recommendation of Ingrid Wawra, Psychologist and Personal Coach

Ingrid Wawra has worked as my personal coach throughout several years and has supported me in my work with the United Nations, in Mozambique, Switzerland and Central African Republic. I have worked in several areas including HIV and AIDS, human rights and the survival and development of children.

Ingrid's coaching has supported me in identifying solutions to challenges related to people management in inter-cultural settings, including strengthening team work and conflict communication, as well as stress management. Ingrid has with her background and experience in psychology helped me to obtain an overview of complex situations and has helped me to identify my own personal resources and methods to approach these.

I highly recommend Ingrid as a coach, in particular in the areas of 1) Creating enriching and effective relations in the workplace and 2) personal skills for new managers, including in inter-cultural settings and in settings of emergencies.

In case further information is needed, please contact me on:

By Dennis Christian Larsen,

Chief of Section

UNICEF

Rue Joseph Degrain

Bangui, Central African Republic

Tel: (236) 70550212