

*The Lowell*

NEW YORK

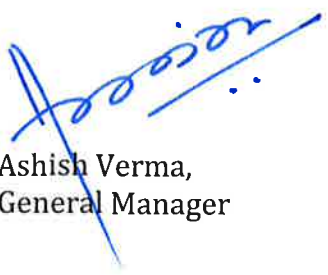
ASHISH VERMA  
GENERAL MANAGER

TO WHOM IT MAY CONCERN

Ms. Anahita Moghaddam, was engaged to conduct a special session at our annual Managers' Training this summer of year 2014. She was requested to speak to our management team as a guest speaker and presenter. The topic of her training was 'Mindfulness'. We are most grateful to Ms. Moghaddam for sharing her wealth of diverse experiences, education, knowledge and wisdom.

As a luxury hotel, our organization requires managers of high integrity, details, efficiency, grace and result orientation with consistent commitment to excellence. Our mission statement and principles of work environment guide us to maintain balance between our spirit, mind and the body. On a day to day decision making process, we understand that certain tools applied by our management team could help our organization become increasingly efficient, harmonious and fulfilled.

Towards the above goal, Ms. Moghaddam's topic of training, selected by us, was to increase the awareness on the scope of our mind in making decisions. The potential of our minds in our everyday choices was amply demonstrated by Ms. Moghaddam's very well researched, most articulately presented and aided with most practical exercises and lucid examples. Our leaders and managers greatly benefited from Ms. Moghaddam's training sessions. I am pleased to recommend her to organizations who may seek to train their leaders and managers in more mindful approach to decision making.

  
Ashish Verma,  
General Manager

September 23, 2014

