

Tuesday, November 26th, 2024

Centennial College
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To Whom It May Concern,

I am writing to express my sincere gratitude and high recommendation for Fabio da Silva Fernandes, who recently served as a guest speaker for my college class *Mastering the Moment: Introduction to Mindfulness and Meditation*. This was Fabio's second time presenting to my students, and once again, he exceeded all expectations.

Fabio's preparation and expertise were evident throughout his resilience cultivation session. His knowledge of mindfulness and meditation practices was both profound and accessible, and he brought an engaging, kind, and approachable energy to the classroom. He demonstrated a remarkable ability to connect with the students, creating a comfortable environment that encouraged participation and thoughtful reflection. Many students shared how inspired and motivated they felt after his talk.

Fabio's professionalism, combined with his authentic passion for the subject, makes him an exceptional guest speaker. I would highly recommend him for future engagements, including workshops, seminars, or additional guest-speaking opportunities. His ability to blend theory with practical application ensures his audience not only learns but also leaves empowered to incorporate mindfulness into their own lives.

If you would like further information about Fabio's work or his contributions to my class, please feel free to contact me directly at MBancroft@centennialcollege.ca

Thank you for considering Fabio for your event or program. I am confident he will bring immense value to any audience he has the privilege to address.

Health and happiness,
Michelle



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See where experience takes you.

Centennial College is situated on the treaty lands and the territory of the Mississaugas of the Credit First Nation. I am grateful to have the opportunity to work in the communities that have grown in the treaty lands of the Mississaugas.