



LETTER OF REFERENCE for Dr. Hendrik Wahler (*mindyourlife*)

15.09.2020

ADAMA Deutschland GmbH decided in May 2019 to appoint Hendrik Wahler as a trainer for our employees on the topics of time management and resilience.

In 2019 and 2020, a total of 4 face-to-face seminars on the agreed topics, each lasting 8 hours, took place at our locations in Cologne and Paris. Half of the face-to-face seminars were conducted in English for our international team.

The aim was, on the one hand, to impart the theoretical basics of successful time management and to improve it further; on the other hand, to raise awareness for the issue of resilience and to train our employee's skills in both areas with the help of clear, hands-on exercises.

Thanks to his activating seminar leadership, Hendrik successfully included all participants and got them excited about the seminar topics. He conveyed the theoretical basics of each topic in a memorable and vivid way and illustrated the importance of key takeaways for everyday professional life by numerous true-to-life examples.

Through extensive training and exercises, all participants had the opportunity to internalize these takeaways and integrate the results into their individual professional and private life.

„Hendrik's seminars have sustainably improved and developed the time management and resilience skills of our employees. Thanks to the numerous exercises, we were also able to put the theoretical basics into practice right away. I am convinced of the quality of Hendrik's seminars and can therefore recommend him without reservation.“

Dr. Martin Vaupel
Head of Global Regulatory Affairs

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