



24.11.2022

Reference for Dr. Ori Harel

The Max Planck Institute of Animal Behavior has worked with Dr. Ori Harel for the below:

1. Mindfulness stress reduction for academics (Nov. 2020; Feb. 2022).
2. Stress management (Dec. 2021)
3. Attention and the brain: Monotasking and how to better focus (Jan. 2020)
4. Coping negative thoughts, self-doubts, and imposter syndrome (Dec. 2021; Feb. 2022)
5. Decision making: Acting according to our values, in a committed way. (Jan. 2020)
6. Conflict management and harmonious communication (Jan. 2020)
7. PFA: Psychological First Aid - for Professors and PIs (April 2022)
8. The resilience model: pathways and coping styles for academic challenges. (Nov 2022)
9. Developing creative innovative thinking through intuitive practices in the Jungian approach. (Nov 2022)

During and after the COVID pandemic we realized our students and employees are in need of far more support, empowerment, and sufficient enrichment with tools for strengthening their mental strength, resilience, coping with stress, and other soft skills needed for academic success.

Dr. Harel gave some workshops on various soft skills and a seminar on mindfulness. Dr. Harel led a group for team development, a retreat for PIs and professors about psychological first aid, and a Ph.D. retreat about resilience and creativity.

During all of these, the coordinating work went excellent and professionally. Dr. Harel gave assessment questionnaires before the process and showed openminded for adjustments according to specific needs. The presentations were full of evidence and scientific explanations, the exercises were useful and relevant to the participants. The feedback was very positive, and the effect on the positivity of the group was clear. Dr. Harel met with the management to discuss her insights and allow brainstorming of what can be done, according to her experience with organizational psychology. We highly recommend Dr. Harel for each one of her workshops and for the team and organizational development. The Max Planck Institute of Animal Behavior will definitely continue the collaboration with Dr. Harel.

Sincerely,

A handwritten signature in black ink, appearing to read 'MCA' with a stylized flourish at the end.

Prof. Meg Crofoot