

Communication, Clarity and Calm

Nurturing a peaceful and positive environment inside and outside

Lunchtime talk with Ms. Manda Patel

Friday 23 January 2026

13.00 – 14.00hrs

Ethiopia Room C-285 (in presence only)

Maintaining calm is essential for effective communication, especially during difficult or high-pressure situations. A calm demeanor will certainly lower stress in any life situation. What tools can help us build our capacity to have a clear head, warm heart and a peaceful inner state?

This talk is part of the follow up from the ESS Divisional Retreat (in 2013) to offer opportunities for staff to manage stress through meditation.

ABOUT THE SPEAKER: Ms Manda Patel, a long-time teacher of meditation, currently the Director of the Global Retreat Centre in Oxford, UK (www.globalretreatcentre.org). She has many years of experience in leading teams and projects, using her skills of clarity, communication and meditation practice.

ALL WELCOME! For more information, please contact Radha Gupta, (Radha.Gupta@fao.org)