



Inner Stability for Better Life

Lunchtime talk by Mr Yogesh Sharda

Thursday 7 May 2026

12.30 – 13.30hrs

Mexico Room D-273, FAO Rome

Inner stability is the capacity to remain calm and clear-headed in the midst of external chaos, serving as a foundation for a better, more resilient life .

How can we increase our capacity to stay strong and stable in challenging times, thereby helping others and ourselves to stay connected to our true values and nature of peace? This does not require external resources, supports or expertise, but a determined intention for peace and wise actions.

During this session, the speaker will explore the topic and offer some practical suggestions and exercises on how we can use meditation to build our inner stability.

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: Yogesh Sharda has been a Personal Development trainer and workshop facilitator for over 20 years, presenting thousands of seminars, workshops and courses for businesses, hospitals, universities, youth organizations and local community groups throughout Europe, UK, the Middle East, South East Asia, Australasia, USA, Central and South America and India. Over the last twenty years he has been based in Turkey making presentations on topics such as 'The Principles of Inner Leadership, Decision Making and Problem Solving through Meditation and many more. Yogesh is also a long time teacher of meditation.

He has presented here at FAO several times on topics such as 'Developing Essential Skills', 'Worry Free – Tension Free', 'Effective Communication', which have all been very well received and appreciated.

For further information (no need to book), please contact Radha Gupta (Radha.Gupta@fao.org)

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