

2 July 2019

To: Payal Mahapatra
Health and Wellness Coach



[Ctrl Alt Zen: Health and Wellness Talk](#)

On behalf of everyone at Proficio Singapore, I want to show our appreciation and say thanks to Payal for an extremely informative and insightful session to introduce Health and Wellness to Proficio.

Our industry is a hectic and stressful one. As such, the ability to pay attention to our health and mental well-being becomes even more important. Payal has done a great job imparting her knowledge and sharing her experience on the matter despite such a short introductory session. I am proud to say that our team now has a much better understanding and are taking steps to improve their wellness.

Thank you Payal and your team at Ctrl Alt Zen and we look forward to conducting more of such sessions in the future.

Sincerely,



Alex Tok
Managing Director,
Proficio Pte Ltd