



Recommendation letter Den Bortnikov

My name is Maryna Bohun, I am the founder of the NGO Foundation "Grow Up", which focuses on helping children and women from the Luhansk region who suffered during the war and were forced to become internally displaced persons in Ukraine.

Together with Den Bortnikov, we worked on various projects aimed at increasing the level of veterans, adaptation and socialization of internally displaced persons, development of crowdfunding campaigns and development of social entrepreneurship. One of the most impressive aspects of Den's character is his unwavering commitment to self-improvement and helping others. He has consistently demonstrated his ability to maintain composure and clarity in high-pressure situations, a testament to his mindfulness practice.

During our cooperation, Den showed himself as a professional leader, as a person who has skills for continuous learning and development. A person who is ready to help and share his knowledge for the benefit of internally displaced persons. This year, Den spoke as part of the project "Contrary to" for women entrepreneurs of Luhansk region, which was implemented by the NGO Foundation Grow Up with the support of the Center for International Private Entrepreneurship. On a volunteer basis, Den shared the basic practices of mindfulness with the participants of the project, was able to combine the practical and theoretical parts in a qualitative way, supported the participants and provided practical and effective recommendations for a deeper immersion in this topic. The practice took place online and was attended by about 40 women. Den also shared information about his own project Dykhaymo about the practices of emotional stability and fulfilling the resource.

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Sincerely,
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Signature



Maryna Bohun