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Subject: Recommendation letter for David Yau

When I was suggested to talk with an executive coach to sort out some issues of trust, I was a bit surprised. I have never had thought about that. It looked like I had to take the initiative on something I was not sure being responsible for. Working with the Internationale Committee of the Red Cross (ICRC) and based in Geneva, I decided to go back to the field, eventually. In the meantime, during that transition, I got in touch with David and started this amusing and interesting adventure, where he helped me to look at things in a slightly different way, to get from one place to the other.

In a couple of sessions, I had reflected about my way of working and on my relationships with peers and line managers, more than my entire life; effortlessly. David listens, asks the right questions and lets you find the answer. I was sometimes surprised not to get an immediate feedback from him, a line to follow. He managed to resist my calls to and let me find my own way.

Then, I started to grasp some internal issues and to clarify that some of the externals were real, but some others were part of my way of functioning. There has been a noticeable impact on my way of looking at how I work today and how to use some techniques to refrain some behaviours or to stop showing them in the less adequate moments. David managed to trigger some serious reflections and helped to shape a new view on my working life.

Our initial idea was to manage to help me closing my job at HQ and have a fresh start in the field. I was posted to a difficult place (Yemen). The journey with David has allowed me to be able to sail the very stressful moments that with the ICRC you are always was faced with, with a different attitude, looking only to the future and without having the heavy-weight of the past.

David has the touch. My work and his working experience are very different. In spite of that, he has had the ability of grasping the essential of the issues I had and led me to deal with the important and not with what I thought it was important. I cannot but recommend him. He has the tools, resources and empathy to help you. He is not self-imposing, does tiptoe very gently on push-pull and make you reflect, think and most importantly, act.



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