



**DEAR**

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Today I participated in a DTU Well-being Dialogue. We discussed many topics that influence my well-being and the well-being of my colleagues. I have been asked to choose one theme that is important to my own well-being.

**The theme I have chosen is**

**In the coming weeks, you will notice me practising**

**Would you like to have a cup of coffee?**

We can continue the dialogue on how we strengthen our well-being

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