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The Tibetan Community in Britain  
and  
The Tibetan Refugee Charitable Trust

Patron : His Holiness the Dalai Lama

Registered Charity No. 294761

15 June 2012

**To whom it may concern**

This letter acknowledges the relationship the Tibetan Community in Britain have with Pemma Fox.

Pemma initially approached Mr.Thubten Samdup, HH The Dalai Lama's representative in Europe at The Office of Tibet, and also myself, with her idea of helping fellow Tibetans in our Community, young and old, gain the benefit of self confidence through simple and effective communication.

She presented her project to The Tibetan Community at our Democracy Day celebrations in September 2011, making it her reason that as Tibetans we do not have to be victims of circumstance, but can, instead, stand out simply and differently – as Tibetans believing in ourselves – learning to confidently communicate to be able to live successful lives in the West.

Since then she has delivered one workshop every month, which has now been increased to two. One fact that impresses is that she does not teach from any political stance, but encourages instead that no matter what happens in life, what will bring us the most success and an easier mind, is to be confident first as a person, and then as a people.

As Chairman, and a 'sometimes' pupil when I've had the time to attend, I have found Pemma to be committed, talented, encouraging and entertaining! She leads by example with her passion, and it is becoming easier to communicate simply and effectively, about things that are important.

In July, at HH The Dalai Lama's birthday celebration, four of her eager and most enthusiastic young pupils, will each deliver a 3 minute speech to the whole Community and invited guests. Several of them from once being extremely quiet and shy, are blossoming and gaining in greater self confidence in many ways.

We hope this will inspire many more in the community to join us. For all the time she gives, she clearly enjoys working with us, as much as we enjoy and are benefitting from the classes.

Yours truly

Pempa Lobsang  
Chairman  
Tibetan Community in Britain