



Alfred Anate Mayaki (Student)
218 Cator Street
Greater London
SE15 5GJ

M: +44 (0) 7940 916 731
D: +44 (0) 2037 455 372
E: alfred.mayaki@ou.ac.uk

Helen B
Bipolar UK Support Group Facilitator

04 August 2025

Ref: 040825-64

Dear Helen B

Happy Monday.

I have booked in our Zoom meeting for Wednesday at 10:00 AM and have set aside an hour for your assessment of me. Please let me know if there is anything in particular, I should prepare ahead of time.

Currently, I am reviewing the B814 – *Learning & Development at Work* module as part of the MSc in HRM programme, with a focus on the GROW approach to coaching and its use in line management, which is the current unit topic. I am happy to pause these important readings temporarily in order to better prepare for Wednesday's assessment.

Any advice or guidance you can offer would be greatly appreciated.

Yours Sincerely,

A handwritten signature in blue ink, appearing to read 'Alfred', followed by a stylized flourish.

Alfred Anate Mayaki (Student)