



The Open
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CIPD

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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 black ink, appearing to read 'Alfred Anate Mayaki'.

Alfred Anate Mayaki (Student)