

Newham Adult Learning Service
Beckton Globe
1 Kingsford Way
E6 5JQ

Regarding Farah Diba

I have known Farah for many years in a work capacity. Throughout the years she has been an inspiring, creative, supportive and innovative tutor and work colleague. Nothing phases Farah, she is fearless and has a passion which is second to none. She is dedicated to this service, and her peers, and is determined to ensure staff well being is central to our service agenda. In 2018 I set up the service's Direction of Travel, which committed to work towards being an Outstanding Service. With this came a time of change, this has been a real challenge for many staff and Farah has been of invaluable support in our commitment to supporting those in need through this difficult time. Within this plan we committed to support staff and learners' well being through a series of new courses for residents and initiatives for staff focusing on their own health & well being.

Farah spear headed our plans, in particular for staff, delivering well being workshops at our first staff conference. This was brilliantly received and feedback from staff was outstanding, with many clamoring out for more. At subsequent sessions she has delivered, mindfulness, life coaching and in July she coordinated our very first staff well being festival at Cody Dock. She offered her peers the opportunity to engage in a plethora of different workshops, from re balancing yoga, Tia chi, bee keeping, sound therapy and so much more. She planned, and implemented the whole event, which was a fantastic tribute to her colleagues. She even fine tuned the catering to ensure it was all plant based and healthy.

On a more personal side, I suffer from a chronic illness which has little research and support in this country. 2 years ago I was the founding member of a local support group. We looked at alternative therapies which could support us and give sufferers a little hope, outside the medical world. The group decided to look at aromatherapy, essential oils and the benefits on everyday life and how it could benefit us. Farah sacrificed her own precious time to help the group out and to this day, those members who attended her session, use oils to help with the stress and strains of living with Fibromyalgia.

Farah is highly respected by peers and managers alike, she is professional and dedicated. Her enthusiasm and "joie de vie" is infectious and impact on everyone she engages with is tangible. Learners remember Farah, they feel safe with her and she has a calming influence to all she engages with.

Farah does not suffer fools gladly, she will not tolerate gossip, bitchiness or nastiness. Saying this, she is not blunt nor rude, she is straight to the point and open. She is not afraid to speak her mind, express her opinion, disagree, but always offers a well thought out and considered response or retort. She has a great sense of humour and love to laugh.

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She totally believes in the concept of team, and I believe has a natural talent to lead from within a team. People listen when she speaks, she commands a crowd, without being loud, pushy or over confident. She is an eternal learner, and thrives on learning new things. Since I have known Farah, she has never shied away from developing herself, trying new experiments and meetings challenges head on. She is an asset to our team and will be to any other team she works with.

Farah is a loyal and kind person, who believes strongly in what she conveys. She will do her best for everyone and extrudes professionalism and fortitude in all aspects on life.

Kind regards

Angelique Grygorcewicz

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Putting People at the Heart of Everything we do