

# Meet your Newham Team

## Senior Employment Advisors



“ My experiences with Mental Fitness began early, following tragic events in my childhood. These experiences fuelled my desire to understand triggers and manage their effects. During the 2020 Pandemic, I certified as a Mental Health Practitioner.

I have seen firsthand how crucial a wellbeing-centered workplace is for productivity and growth. My new career in Health and Employability allows me to combine my previous experiences in Acting, Communications, and Business Management for the benefit of clients and colleagues. ”

- Don



“ My desire to support people with mental health conditions in their pursuit of employment stems from my own experiences with anxiety, stress, and homelessness.

These experiences have instilled in me a deep sense of empathy and strengthened my resolve to create supportive environments. I understand the critical role that meaningful employment plays in one's mental well-being and sense of purpose. My struggles highlighted the importance of compassion and understanding, pushing me to give back to the community.

As a Senior Employment Advisor, I use these insights to offer tailored support, focusing on both the emotional and practical aspects of finding and maintaining employment. ”

- Zakia

## Employment Advisors



“ Having faced anxiety, stress, and panic attacks myself, I understand the challenges mental health issues present in the workplace. These experiences have deepened my empathy and equipped me with techniques for resilience and altering thought patterns.

My passion is advocating for wellbeing and helping people believe in their strength. I strive to create a supportive environment where clients feel understood and valued. My goal is to help clients recognize their potential, overcome challenges, and achieve their employment goals while maintaining their mental health. ”

- Ema



“ Being a manager for over 10 years came with a wide range of responsibilities, leading to fluctuating stress levels. Balancing decisions for the company, staff, customers, and home life was often stressful. By speaking to my line manager, seeking help, prioritising my workload, and achieving a better work-life balance, I managed my stress levels much better.

The decisions I made as a manager, especially while managing people, have made me more open-minded and empathetic. This experience has helped me build a strong and supportive foundation for my team and customers. ”

- Nozmul



“ My journey with poor mental health began at a young age following traumatic experiences, including the loss of my daughter. During those times, mental health disclosure was rare, making it a lonely struggle. These experiences have deepened my appreciation for my values and beliefs, which I bring into every professional and personal interaction. I strive to be a positive role model and promote an environment of respect, kindness, and empathy.

My career has been dedicated to supporting others. As an Employment Advisor, I empower clients with the knowledge, resources, and confidence to navigate their professional and personal lives. Everyone deserves a fulfilling life, and I aim to help clients achieve this. ”

- Neelam



“ While completing my postgraduate degree and searching for employment, I experienced a lot of stress and anxiety. This led me to learn more about my mental health and how to improve it, which helped me feel less overwhelmed.

My experience sparked an interest in mental health and taught me to be kind, compassionate, and open-minded towards others in similar situations. This personal journey inspired me to become an Employment Advisor, aiming to support others with similar struggles. ”

- Saleha



“ Growing up, I dreamed of becoming a professional football player. At 16, I faced a significant setback when I wasn't signed by Cambridge United. This experience left me heartbroken, but it became a turning point, strengthening my mental resilience and teaching me not to take rejections personally.

My journey led me to a fulfilling career as an Employment Advisor. Helping people has always inspired me and knowing I can make a difference motivates me every day. In this role, I support individuals in finding meaningful employment and overcoming challenges. ”

- Tanzim



“ My previous job affected my mental health, making me feel purposeless, especially after university. Months of unsuccessful job applications impacted my self-esteem. During this time, I learned to create a cover letter, update my CV, and build a LinkedIn profile. This effort led me to my current job, which I love because I can support others and help improve their mental health.

Helping others has always been my passion, and this role allows me to give back to the community. Our work and mental health are closely linked, impacting overall wellbeing. Compassion, empathy, and understanding are crucial in this field. ”

- Aisha

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“ I have always been passionate about helping others and giving back. My own struggles in finding employment and feeling alone inspired me to guide others and provide the support I wish I had received.

My advice is to always reach out for help, as there is plenty of support available. Never think you are alone; someone can always relate to your situation. No matter how hard or draining the process is, keep going. ”

- Tahmina

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“ I'm a Romanian-Hungarian who moved to England 15 years ago with just £20 and big dreams. I've worked at Ingeus for four years in various roles before joining Employment Advisor for NHS Talking Therapies.

I'm committed to supporting people through life changes and career transitions. I build strong relationships with clients and colleagues and always go the extra mile — even if it means working late or early — to ensure everyone feels supported and satisfied. ”

- Trixi

**We look forward to working with you!**