

# Words for Babette, from Philip Lafferty-Holt

My name is Philip and I worked at Art of Living for 5 years from 2009.

When Andrew asked if I would share a few thoughts of Babette, I felt very honoured. I also felt a rising panic as I have a terrible memory!

What I will say is that when I think of Babette, I remember laughing a lot and being mentally challenged.

My humour can be irreverent and Babette was a great one for encouraging and enjoying my jokes. She was very proud to tell me that she never blushed and / am very proud to say that I proved that wasn't true.

For one of her birthdays I gave her a ridiculously over the top hug in the warehouse. Prostrate across a desk in front of the office team, her cheeks lit up! Such was her sense of humour, she thankfully found the funny side and didn't fire me on the spot.

Babette cared about the people around her, always willing to sacrifice her time to better understand and help us. She had an amazing way of asking questions that challenged my normal way of thinking. Initially I found this unnerving, but soon I realised how enlightening it was. I just had to make sure that when I said "I'm fine, thanks" I did it in the right way. If I wasn't convincing, then a therapy session would begin.

Working with Babette wasn't like working with an employer, it was like working with a friend. She was a mentor, a guide and a source of immeasurable support when I needed it most.

Thank you for all that you are and all that you leave behind.