

Testimonial

3 December 2017

Hi Carol

Thank you so much for delivering the Resilience Training last week at our Autumn Conference. All staff who attended the session were extremely complimentary about it and the impact they felt it had on them. They have been talking about it all week!

You were well prepared for the session and your presentation was interesting and used to stimulate discussion and questions. You were extremely well organised and staff really appreciated the laminated cards that you handed out to help them deal with stressful situations.

You had prepared the room so well and everyone felt at ease as soon as they walked in. The ambient light and aroma in the room helped to make everyone feel comfortable and "chilled". Everyone loved your demonstrations and you made it all look so easy and effortless. The exercises that we completed (rooting and 448) were extremely effective and I know that staff will use these over the coming weeks to help alleviate stress in the workplace.

We would be delighted if you would return and train more of our staff at our Spring Conference. I really think every member of staff should have this training as I know it would equip them with the tools they need to combat stress in the workplace.

Many, many thanks

Jane

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