



Testimonials from York College March 2010

What was fantastic?

'The group time as a whole'

Lauren Wood

'Remind us to look at the bright side of ourselves'

'Everything! Really gave me a boost and made me think differently = - )'

Natalie Prangnell

'Listening to what had been said, and feeling good at the end of it'

Lorraine Leslie

'Learning more about me'

Charlie

'I enjoyed the practical activities and how positive and encouraging you were – thank you'

'Great to give staff positive belief in themselves. Fantastic way to end the day'

Liz Radford

'Making me realise how to learn more about myself'

Ruth Travis

'It gave me a positive feeling about myself and made me think about how to be more positive'

Katy Evans

'Jules being very understanding and giving excellent advice/truth'

'Seeing what others thought of me and realising how much I mean to others. Today is a catalyst for change in my life!'

'Very entertaining and interesting presentation.'

Rich Copley

'Such a positive attitude and made me believe in myself'

Vivien Burke