



What was fantastic?

‘Meeting new people, opportunity to communicate, learn about yourself, enthusiasm & practicality of the session. Jules’ willingness to help and understand was also outstanding.’

Lena Henderson

‘Jules style of presentation kept all participants interested. Variety of topics covered during the session. Information that can be used in all aspects of life’

‘Really feel like I can now start taking the steps I need to, to get where I want to be in my life’

Tracey Milnes

‘The delivery was fantastic and it was great to see what other people deal with same issues/worries/anxieties on a daily basis.’

Jenny Anderton

‘I enjoyed the practical things that we practiced. The group work was very valuable.’

Gelayol Holme

‘Enthusiasm of Jules. Forum to be open and reflective. Opportunity to share with others. Seeing different perspectives.’

‘The content and the pace. Focus on positive reinforcement’

‘The whole workshop; found everything really useful...one step closer to getting my confidence back!’

‘It was all very good! Very thought provoking.’

J. Woodall

‘Made me think about how I perceive myself and how that might differ from how others perceive me. It made me understand how my negative self-talk impacts the way I feel and will hopefully make me more self aware now so that I can break the chain of negative thoughts.’

‘Jules is a great presenter, really interesting and knowledgeable. Kept me engaged for the entire day and opened my eyes to how I can take control to build my self confidence. Thank you’