



Testimonials for Positive Belief Training Day.
Methley Primary School Staff
Feb 2007

What was fantastic?

'Fantastic - interacting with colleagues.'

'The orange ball story!!.'

'Very positive & inspiring, walking away with ideas on how to achieve one of my goals.'

'The activities. The positivity. The food for thought. The orange ball.'



'YOU are fantastic. It was a very positive and interesting day. Thanks!'

'Facts about mind over matter! And the practical activities.'

'It was a very warm and friendly environment was created. These types of events can often be daunting for someone who is a little more quiet in large groups, but today wasn't! Came away feeling very positive'

'Being able to laugh at life but also being able to learn to realize miserable people aren't really miserable - just misdirected.'

'Didn't feel pressured to get involved unless I wanted to. Enjoyed the informal setting. I can't think of anything to make it better as I enjoyed the whole day'

'Overall feel relaxed manner, Jules way of helping and bringing out the hidden potential inside each and everyone of us. Thank you.'



'Felt comfortable. Never asked to do/say anything embarrassing! Positive discussion with colleagues.'

'Actively taking part.'

'Energy of the delivery! The paired activities and ELASTIC BANDS!'

'Felt comfortable. Your Enthusiasm.'

'Encouraging us to be positive to ourselves. It has made me realize/ understand that I can tell myself that I am great. I thought it was brilliant how you remembered peoples names and made it personal. It has really uplifted our staff and made a great start to new term. Thanks'



'Your knowledge was fantastic!'

'Everyone feeling positive. Sharing FABNESS!! Made me feel confident the way it was delivered.'

'Didn't feel any pressure to take part. Helped with my confidence.'



'Positive communications, being active. We were able to have fun and laugh!'

'Atmosphere, positive feedback from others. Feeling great about myself.

The feeling that nothing is impossible,
it's just taking the right steps to achieve it!'

'Made me feel very positive. Made me think more about myself.'

'Very enjoyable, took away a lot of fantastic ideas!'

'The relaxed manner in which it was presented. Thank you!'

'New Ideas.'

'Planting of seeds and all the activities.'

'I have learnt a lot more about different techniques. Most I have seen before but it did refresh my memory and encourage me to be more positive and confident about myself.'

'Just a very comfortable experience, tapping into real emotional issues and life skills. Jules is brilliantly approachable, realistic and on my level. Very intuitive too!'

'All of it!'



'Everything. The content, the activities, the day just flew by. Struck a chord with me. Thank you!'

'Joining in with everyone.'

'The overall positivity of the day'

'The Positivity. How Jules delivered the session.'

'Totally enjoyable. I AM POSITIVE!'

'Positive approach. Lively. Interactive. Great activities.'

'I can change things learnt over a lifetime, if I chose too.'

'I really enjoyed today! I am definitely feeling more positive about myself. I KNOW I CAN DO IT!'



'Great ideas to work on.'

'The whole day was fantastic'

'Positive spin on how to approach things, being able to not take things on you know you aren't capable of and feeling OK about it.'

'The interaction between departments and having so much fun whilst you are learning'

'Dealing with emotions, being emotional & time to consider yourself!'