



# Reviews

**'SO amazing and Valuable**

**I feel like my toolbox is well stacked for endless possibilities.**

**I have enough information and guidance on where to find more if required . I also gained confidence in the space you made available to me during the course.**

**I enjoyed the natural flow from one topic to another and the chilled atmosphere created by Amanda and Laura. I also like the weekends and breaks in between to absorb the learning.**

**Self care is a journey, we learn so much from taking time out alone and with like minded people.**

**One box doesn't fit all , but workshops are adaptable '**

**Confidence at beginning of programme on scale of 0-10 I was 2 and by the end of the programme I feel**

**I loved the connection of everything,  
the whole energy side and  
neurowellness and how our brain  
works. I feel that I've had such an  
interest and want to know more on  
how our brain is wired and how it is all  
connected.**

**I feel the programme has covered so  
much and gives us such a variety of  
tools**

**Confidence at beginning of  
programme on scale of 0-10 I was  
5 and by the end of the  
programme I feel 10**

# Testimonials

Well what can I say it has be the most amazing and wonderful course. I'm so glad to have been a part of it . Not only has it been amazing for me personally but the impact it has made on my professional career is amazing . Laura and Amanda not only inspired me but, the love care and support from start to finish was amazing ♥. It is clear they live and breath this work and it is evident in all aspects of this course. They really are unique, compassionate, knowledgeable ,spirited and motivated beings and I hope this course spreads far and wide xxx thank you ladies xxxx

**Confidence at beginning of programme on scale of 0-10 I was 5 and by the end of the programme I feel 9**

# Testimonials

Being part of the first group of women completing the resilient leaders programme has been a joy.

During the course I felt Amanda, Laura and the other women laughed together, learned together and held space for one another. The course was delivered in a lovely environment and Amanda and Laura are naturals. I felt the group were eager and excited about the future possibilities by the end of the course.

Also confident there is a support network available to us on our ongoing journey.

**1 to 10 on confidence before programme. 4**

**Scale confidence after programme 8**

# Testimonials

I had such a wonderful experience and feel it was the exact course I needed at the right time in my life. I have made some massive life changing decisions in the weeks prior to starting this course and I have felt such certainty and confidence in myself through learning these tools that have been given to me. I will incorporate everything into my own teachings, yoga classes, workshops etc... thank you Laura and Amanda for sharing wholeheartedly all your knowledge, passion, experience and most importantly your LOVE. Thank you thank you thank you ♥

**1 to 10 on confidence before  
programme. 4**

**Scale confidence after programme 9**

# Testimonials

**If people are looking for an absolute treat for their souls..come here!!**

**It shows me how a learning space was so so nurturing from the content- to the space of physical environment and the connection. That's all a part of the learning and new tools you leave with. It was a gift to myself and all the happy hormones and excitement was experienced. Thank you girls for a unique learning course and for holding us safely during it. xx**

**1 to 10 on confidence before programme.**

**4**

**Scale confidence after programme 9**

