



iTEC
ACCREDITED COURSE

Course Testimonials

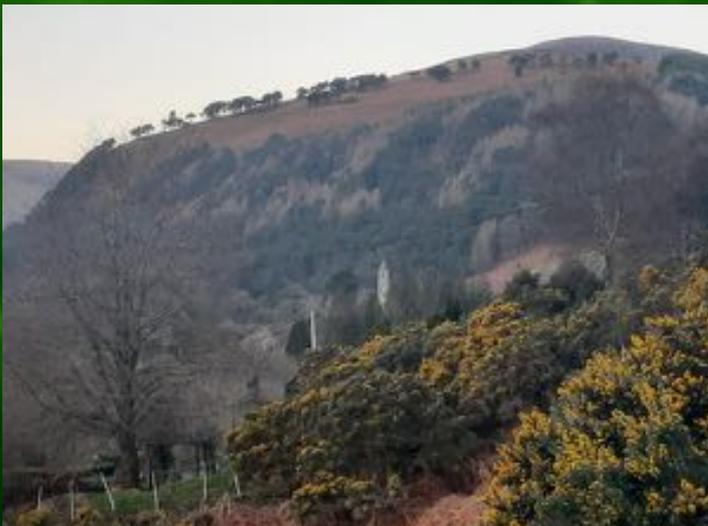
'Mind Body Resilience training brought together lots of different methods and theories in a safe, enriching, deep and meaningful space. I was amazed at the ease and flow of learning, Amanda and Laura are such naturals and are a wealth of knowledge and experience. This training was truly life changing for me and I'm so excited to keep learning and growing'.





Course Testimonials

'Thank you guys for the most amazing experience and journey. Laura and Amanda are such uplifting teachers and an amazing team with dynamic energy. During our days they shared so much knowledge, taking on board the different ways people learn also guiding everyone through their learning in a kind and caring safe space. The location I was blown away by and folklore of the area. We even embarked on some early morning river swims! The views from the classroom and environment was so tranquil. I would highly recommend this course, especially if anyone is at a crossroads in their life. The tools I've come away with from this course I will carry for the rest of my life'





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

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



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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



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**

