



Review

'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



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



Testimonial

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



Testimonial

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