

Workshop Feedback & Comments

Stress Solutions Workshop: The presentation was excellent, clear, easy to understand and very useful. A good audio/visual layout. I'd recommend the course to other groups within the organisation.

Bill Burton - UNISON Branch Secretary

The Stress Solution workshop was really good. I learned how to take care of myself & cope more with stress when dealing with difficult issues. I enjoyed the practicality of the exercises, particularly the relaxations. The way the workshop was presented was very friendly, in plain English. I would like more please!

Rita Derringer - HR Manager

This workshop was the first time in 2 years that I'd had some time to myself! It was really interesting and has made me aware of how stress can affect me in different ways. It was clear, easy to follow and delivered in a very calm and relaxed pace.

Helen Williams, Merseyside Police

I found this very therapeutic and relaxing. I have had a lot of stress at the moment plus a condition called Migraine Related Vertigo. I have found that using the breathing techniques has helped with this condition and with the stresses of work and home life.

Cathy Lowe

The stress solutions workshop provided practical techniques for reducing stress that were easy to relate to.

Robert Parr - Merseyside Police

I had no real expectations about the workshop, but it helped to understand stress, and how to deal with it. The facilitator's style was laid back, which suited the session. An excellent workshop, very well presented.

John Fitzsimmons

The Stress Solutions Workshop was very useful, I didn't really have any expectations but I enjoyed the whole workshop. I particularly enjoyed the relaxation and breathing exercises. It was a good delivery and very informative.

Stan Griffiths. Merseyside Police