

Freedom Philosophy

Just A Few Feedback Quotes From Our Students

It was good being out of the cell / wing to talk to others about things that matter.

The course has given me a different way to look at life.

Challenging, enlightening and informative.

Some of the stories really got me thinking.

It's all about being more true to myself, and realising how my behaviours affects me and others.

I've added to my kete of useful tools to take from here.

I now realise I'm on the right track with my thinking and beliefs.

I've got a new understanding of myself.

The best course I have ever done. It's fun!

It got me out of the wing – took my mind off things.

The tutors really interacted with us and helped us understand.

It was great when me and the rest of the group all came up with solutions and helped each other.

I loved how the tutor would help us to find the answer within ourselves rather than just tell us.

I don't really have a good memory for stuff. That's where the discussions really helped.

The course is a nice break from the regular routine and showed me a different way of thinking.

It makes you stop and think.

The tutors kept it real. Awesome.

Doing the work between classes brings joy and positivity to my day.

I would definitely recommend the course to others.

Awesome as!