

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!