

Testimonials

Chrysalis Programmes 2015

"This course has made me stop and think about what action I would take in any given problem – I can 'live in the gap' I have a choice and a Game Plan" David Martin

"I think the Kübler-Ross change course and living in the gap would be the most useful as they make you more aware of situations and choices you make" Kile

"I found that the Chrysalis course has enabled me to focus on what other people see in me and how I should project me 'Personal Brand' effectively" Scott

"The Chrysalis Programme is very different to course I have attended before.

It has helped with my personal development and outlook on my life.

I feel this course has given me the skills to take control of my life in a positive way" Julian

"I know now what happens in my life isn't down to luck, for every action I take I have a choice" Mark Shaw

"I have now got a plan, and will use most of this programme to change my life around" Michael Cook

"NLP, Interpersonal and Communication skills was the most enjoyable part and I was really interested in discovering things about myself" Ian Jones

"I've learnt how I should communicate with officers, in an adult way, and respect them and they will respect you as well" Mohammed

"I found the naughty child and critical parent topic most memorable and useful because it helped me to notice how I communicate with others and it's helped me to analyse how others communicate with me" Charles

"Learned a lot about myself, to plan my life more and to live in the gap" Andy

"I think the best part was 'your personal brand'. It made me think about the way people must see me so I now know how to change" Jamie

"The Chrysalis Programme is very different to any other course that I have attended because it helps me to highlight my strengths and weaknesses, so I now know what areas I need to concentrate on" Darren

"The Chrysalis Course is more realistic and deals with the real problems that arise in your life, rather than unrealistic situations set in other courses. It gives you more tools/skills that will help you to succeed" Tony

"Having a game plan – Putting a realistic plan down on paper to make sure I know where I want to be and what I have to do to get there" Steven Close

"I will remind myself that no matter what the situation, I am a leader and I can live in the gap with choice" Christopher

"Chrysalis has helped me learn about myself and the person I can be and to develop a game plan for when I'm released" Paul Hamilton

"It's is more relevant and realistic. It is common sense, something that I lost a long time ago. I'm glad to have it back" Darren

"The Chrysalis, Programme is more engaging than others, more intense, more detailed and gives you an understanding of what is expected from you and how to prepare yourself for anything you might be getting into" Asad

CHRYSALIS PROGRAMME