

# Testimonials

## Chrysalis Programmes 2012

*"I think the Chrysalis Programme is great! Completely changed my view on life and the way I speak to others. Made me see my own potential. Thank You"*

**Anthony Client HMP Reading**

*"Overall, participants reported learning a lot on the programme ... It had helped them understand their problems and also helped to believe that they can make changes ...  
...Steps should be taken to ensure that The Chrysalis Programme becomes imbedded into the Drug & Alcohol Rehab services... and mechanisms put in place to ensure its availability to clients ..."*

**Research Fellow, University of Teesside**

*"... feedback responses from the Programme are the best I have ever seen. I especially like the comments of Gary who was fairly representative..."*

*"It works for me because if I stick to this it will give me improved outcomes, a greater sense of meaning and purpose, more life balance and peace of mind and a reputation for following through"*

**Prison Officer, HMP Reading**

*"It makes me more aware of the seriousness that drugs and alcohol affects our health physically and mentally"*

**Client Drug & Alcohol Rehab Unit NE**

*"My experience of the Chrysalis Programme was good because I learnt a lot of things from it about everyday life and how I can make the right choices in life"*

**Nazim**

*"Initially I thought here we go again, but now having done the Chrysalis Programme, I will definitely recommend it to everyone"*

**Navis**

*"Thank you David... You've handed me a manual that could help me change my life, others and maybe even the world..."*

**Client HMP High Down**

*"It helps me realise how I can change my ways of thinking and thinking patterns, whilst having fun at the same time."*

**THANK - YOU"**

**Client HMP Reading**

*"It will help and enable me to relate to other people and hopefully other people to relate to me"*

**Client Drug and Alcohol Rehab Unit NE**

*"It better because... we're treated like adults... Because I now know my skills"*

**Client HMP Reading**

*"I have found this Chrysalis lesson very informative and has really spurred me on to achieve my goals in the future it was really positive"*

**Client Drug & Alcohol Rehab Unit NE**

*"I am delighted that the Six Thinking Hats is being used with impact on peoples' lives and futures within the Chrysalis Programme and pleased that it is part of this innovative programme"*

**Dr Edward De Bono**

*"When I said the course was life changing, I meant... that it was changing my life! You know when something comes into your life and you just know it's important, carries great meaning and potential? Well that's the feeling I got on the first day"*

**Madeleine**

*"I am using the tools that I have learnt from The Chrysalis Programme in my everyday life, with my friends, my family and wing staff"*

**Abdul**

*"David, I just wanted to take the opportunity to offer my continued support to you and to The Chrysalis Programme in the UK. When I first heard about the programme I was excited by the potential, and the fact that you have maintained the momentum since then is a great tribute to you, and those who have supported you. The potential for us to make a contribution by reducing crime in our society, and in particular the re-offending rate amongst young people who get 'caught up in the system', is a topic close to my own heart. We at Franklin Covey offer you our support and our best wishes to make a great success of this initiative"*

**Dr Stephen R Covey**

*"What I really liked about the Chrysalis Programme was the need to renew one-self to 'sharpen the saw'; and that you can achieve your goals in life if you let the light in..."*

**Ryan**

