



## Feedback from Week 12 Face to Face - 2024

### 1. How did you find the pace of the programme?

“It was perfect, not too fast, not too slow”.

“Pace was perfect. Easy to follow along and understand”.

“Just right”.

“Was good”.

“Pace was just right, gave information at a rate that I could comfortably process it. Gave people time to contribute”.

“The pace of each session was at a perfect speed”.

“I think the pace of the Freedom Programme works well because at first you feel so disorientated, so the gentle pace helps you adjust without overwhelming you. There felt for me, like a moment when the penny dropped-midway through- and everything started to make complete sense. The ending of the programme is very special – and it was wonderful to be with all the other women who’ve come through this transformation together and feel strong enough to do the exercise with Brad and feel free of the needy preconceptions of womanhood and relationships that bound us to the manipulations of abuse in the past.

### 2. Did you feel supported?

“Yes”.

“I felt extremely supported. Counsellor was also really supportive”.

“Yes”.

“Yes, I was supported and secure”.

“So supported!!! Thank you so much”.

“I felt very supported in each session as I was given the space to listen, to engage and divulge intimate matters which was met with high regards”.

“I felt wholly supported at the Programme. It was lovely to arrive to a warm welcome from Nina and the staff from H4W. I really appreciated that issues with people disregarding the Rules in the first couple of weeks were dealt with without any fuss. I was impressed and felt far safer and more comfortable”.

### 3. Would you like to do any sessions again?

"If I can have access to the book and the videos, I would be fine. Thank you".

"Yes, I would do the sessions again. I enjoyed meeting all the ladies that came along".

"Yes."

"I don't know yet, but I will think about it".

"Yes! I am booked on next programme already....YAY!!".

"Yes, I believe the sessions are very empowering".

"I think I feel that the sessions were all completed. I will use the book in future to help me".

### 4. Which three things did you like the most?

"I liked how the programme was run. How interactive it was and the people that I met".

"Nina, Carolyn, Hayleigh".

"The tutors, videos, food, and new friends".

"Experience, listening to other peoples' experience".

"The hot drinks and the comfort food while learning, sharing such a heavy topic. The talking/sharing in the dominators voce/character. It allowed the topic to be lighter as we didn't share it as a victim and allowed confidentiality. The quiz in the beginning and at the end helped reinforce the topic learnt".

"The food, coffee, tea/the venue, and gifts. The group (facilitators and the group members). The information book/videos".

"My 3 favourite things

- 1) I felt heard, seen, valued-after so long being constantly devalued that was amazing.
- 2) The Counsellor is a vital addition, and she was amazing and so helpful to me.
- 3) The brilliant facilitators - OBVIOUSLY!"