

## Freedom Programme Feedback | London | May 2019 Cathy Press & Clare Walker

Cathy & Clare had an enthusiasm which was infectious. Their knowledge and articulation of domestic abuse was inspirational and their kindness and compassion just heart-warming. Thank you!

This training has hugely impacted my awareness. I realise there is a lot to learn to educate both myself and others. The trainers offered confidence, patience, reality, fairness, respect and amazing easy listening skills. Thank you so much for providing your services and knowledge.

Brent

The trainers really helped me to understand that we will be working with many differences and not to judge those who have experienced domestic abuse. Cathy and Clare added their personalities, patience and understanding. The training was delivered in such an empathic way, inspiring me to get out there and help as many women as possible.

Sutton

This was a very special training experience with very informative and engaging course leaders and an amazing group of inspirational people pioneering this cause.

Gloucestershire

The trainers were both very clear, knowledgeable and easy to understand. Good explanations and examples to illustrate the learning really helped.

Gloucestershire

Thank you for a fabulous three days. I have learned so much and have a greater insight. The trainers offered compassion aiding me to develop greater empathy and understanding. Keep doing what you are doing. You are doing amazing work!

Sutton

The trainers offered lots of knowledge and I have learned so much about myself and feel more aware.

East Surrey

I know I have greater empathy and understanding completing the three-day training. Keep doing what you are doing because it is amazing work.

Sutton

I have a greater understanding and increased awareness and I feel confident to deliver the Freedom Programme.

Harlow

The trainers were versatile and able to answer questions with different examples to illustrate the learning. They were both patient and gentle in approaching a very emotive subject.

Daventry

Cathy & Clare offered their experience and knowledge and I feel confident to deliver the programme.

Norwich

The training was fun, funny, had a realistic approach to differing learning styles and I would recommend all professionals to do it!

Ilford, Essex

I loved everything about the three-day training. It was great!

I have a greater understanding of how the dominator impacts the victim and I feel confident as I embark on delivering this programme. The trainers shared insight and anecdotes to support the learning.

Fantastic training. Thought provoking and managed in a way that everyone's opinion was respected. Cathy & Clare were great – good pace, humour and sensitivity.

Surrey

Training has embedded my understanding. The trainers answered questions, shared experience and knowledge and helped you to build confidence in delivery of the programme.

Jamma Umoua

I now have a more in depth understanding of the incidence of abuse aided by the trainer's huge experience in delivering the programme and insight on the impact of abuse on victims.

North Surrey

Very helpful training. I've learned about the different behaviours and tactics of those who perpetrate abuse in relationships.

Essex

I really enjoyed the delivery of the training. There were clear examples, fun and laughter and I have a much better understanding of domestic abuse both on a personal and professional level.

Kent

I really enjoyed the opportunity for group work and net-working with all the other participants. The learning has had a great impact on my awareness. The trainers brought a wealth of knowledge, support and encouragement.

The subject of domestic abuse was covered in a clear, serious, yet honest way including allowing us as much fun as possible. I have a much greater insight to underpin my work professionally.

Greenwich

I have gained greater understanding and insight into domestic abuse. Cathy & Clare made the training fun and really enabled the us to look at theory in a real and meaningful way with anecdotes and real-life examples.

South Croydon

The training was excellent. The trainers were helpful and encouraging and really enabled insights into the impact of trauma on victims and how to work with this in our groups.

West London

The trainers had a lot of knowledge about domestic abuse and gave lots of insight into running the programme.

Woking

The training enabled me to gain deeper understanding and practice some delivery and the trainers gave lots of support in running groups.

Woking

This course has completely changed the way I think both personally and professionally. The fantastic trainers were really good, hands on and made all the theory relevant.

Surrey

I have a much deeper understanding of domestic abuse and realise how much goes unnoticed by statutory services. The trainers were both excellent, with up to date facts, examples and ideas, bringing a wealth of experience.

Gloucestershire