

Feedback from Men's Freedom Programme 2023

I just thought about how helpful you've been and didn't feel that it was recognised enough. Although I may have often seemed a bit vague, I just want you to be reassured that your work has really hit home with me and has helped to clarify my behaviours and I'm really grateful so thank you.

The course has been going well for me. It has improved so many things that I had taken for granted. The course has also made me think things in a different way to before. I believe the course has also made me a better person and it has made me more confident within myself. I have learnt a lot within the course to help me go forward.

Hey Amy,

Firstly, thanks for your time the last few weeks.

Coming onto this course, I didn't really feel I should have been on there, I won't go into details but I am glad I did. I genuinely believe this stuff should be taught as kids go into secondary schools. We teach younger children about sex nowadays so I really feel a basic understanding of forming healthy relationships is vital to the young people of the next generation.

I have learnt that in many relationships prior I had been domestically abusive without even realising I had been.

It's only been in recent years, with the arrival of my daughter, that I saw the slump I was in and wanted to change. For the first time since I was like 12.

I do feel if I had the information given in this course at that early age, especially the effects on children, I could've gone on to lead a much more fruitful life. I've always been intelligent but I was that stereotypical child that fell into all the expected holes due to the issues at home, that becomes the norm in your life. Even my Freedom username, boring and safe, the way I have always stayed.

I feel you run the course well, whether that be open to listening to people or offering a chat afterwards, to being no nonsense when it's clear people don't want to be there.

Anyway, I really do thank you for your time, Amy. I really hope the knowledge I now hold can help me in my fight to see my daughter, and to ensure I can be a positive role model. All I want is to be a good Dad to my little girl, I want to be her hero, and for her Mum to be comfortable with that.

Hi Amy

I'd just like to say I found the course very informative the whole way through. Some parts were hard to work through and even opened my eyes to stuff I didn't know or even existed.

I loved how you ran the course so professionally and didn't entertain time wasters or anything that was out of order.

I feel now I can see and know behaviours that are abusive that I didn't know before and stop myself if I find myself doing any of the traits that we learned.

Just like to say a big thankyou to you and your team.

Hi Amy, I would like to express my gratitude for having the opportunity of doing the course with you.

I was at first very hesitant and unsure about it all, but as the course went on, I started to enjoy it and take a lot from it. I found you to be very helpful in teaching, the course has had a positive impact and has been an eye opener.

Since doing the course I have been able to use tools to help others, and advise them where possible, and when I have issues myself, able to stop and think not to act if that makes sense. It has been a real pleasure having you lead the course, and I am eternally grateful for your support and guidance throughout the course.

Amy was an excellent leader on what was, at times, a difficult and emotive course. Her no-nonsense, direct and open approach left no room for non-participation, nor negative/disruptive input, meaning the limited time we had each week was used to maximum effect. I felt at all times that my input was valued and not judged and that everyone was given an equal voice to convey their thoughts and personal experiences in an impartial environment.

Thank you for letting me be part of the course it has opened my mind so much on how to react and what am responsible for how to act if an argument happens again. You have taught me so many different things about what a narcissist really is and how to avoid being one.

The boss, the controller, the bully, the victim; the course has opened my mind and I appreciate everything you have done for me over the past 12 weeks.

This course will help so many families and men - you really are amazing, Amy, and I wish you the best.

1. FEEDBACK ON DOMESTIC ABUSE COURSE ATTENDED

I really enjoyed the course. The course exposed me to a lot of unacceptable behaviours and also broadened my knowledge on different aspects of domestic abuse, and in some instance, which I wasn't aware of. The course enabled me to reflect on my own behaviour and I was able to identify areas where I behaved poorly in my previous relationships. I was able to relate my poor behaviour to my cultural and religious beliefs as well as my childhood experience whilst growing up in Nigeria. Going forward in my life, I believe this course has exposed me to a proper and respectable way to behave when in a relation and how to foster a positive relationship with a partner/spouse and children as well as strategies to identify, avoid and manage conflicts in a safe and respectable manner. Thank you Amy.

Amy is a brilliant facilitator and she used real life practical examples to explain concepts of domestic abuse whilst in a relationship which was very helpful. Amy's approach helped me to understand clearly unacceptable tactics of the dominator and where his beliefs have stem from and good examples of acceptable behaviours when in a relationship. Thank you.

The group setting was fantastic as it enable all participants including myself to contribute in the discussion which we all learnt from. Well, I certainly learnt a lot from other participants which enabled me to reflect on my own poor behaviour towards being a better person in life. Thank you.

I hope this sort of programmes can be taught at schools to promote awareness and help reduce/eradicate domestic abuse in relationships and abuse in the community at large.

2. Firstly, a big thank you for facilitating the sessions. I did learn a lot and reflected on my past behaviours but also feel well equipped to manage my future relationships in a much better way.

I think the sessions have been informative and educational and the different perspectives have certainly facilitated this learning. The course content and structure is clear and practical as well as interactive.

I think you managed the online sessions well, good boundaries and ground rules from the start which allowed the sessions to run smoothly. You are well versed and experienced at managing people, conflict and have a wealth of experience on the subject and therefore there is a lot of trust engendered as you are a subject matter expert. I feel that you are fair and constructive with feedback.

3. just to say many thanks for taking me through the course these past months. I have learned a lot and am now armed with a substantial checklist to keep me on track. I was really down the worst, deepest hole I've ever been down back in December/January and things are so much better now. That includes relations with my partner and daughter. We are actually enjoying each others' company. There is a long way to go but it's a great start.