

The Course

To whom it may concern

I have found this course to be a very useful course with an in depth amount of information that is facilitated by Amy in explanation of that information.

This course has shown me that there is far more to a relationship than I believed in. It has also shown me that how unaware I was of how easy it is to become an abusive person without even being aware you are being abusive, even when I felt I was being kind and being a good person in fact some of my actions can make a negative impact on those around me and those I truly care for.

Having learned this on the course, it will help me evolve into a much more thoughtful person, especially in any relationship with a new partner or friend, family, etc.

I believe that both men and women alike should take this course even if they have never been abusive or believe they have not been abusive.

Amy

Amy has been very good at delivering this course in a very professional manner and yet at the same time making it a relaxing programme to do.

I had many concerns about doing this course at the beginning but within the first 5 minutes of starting the course I was relaxed and ready to take on the course; this is down to the approach that Amy brought to the course. Amy was fair and everyone was treated the same - no one was favoured, and no one was dismissed by Amy; we were all treated equally.

If all courses were delivered in this manner, without judgment, more men would volunteer to join than being forced to do it.

Thank you, Amy,

You are a credit to the programme, and I wish you a continuous success in the future.

Hi Amy,

Just wanted to say a big thank you for being a really good teacher, mentor, tutor whatever you want to call it. This course has taught me a lot and I have taken a lot from this course. I just wanted to thank you for being very understanding and for explaining and breaking down every section of the course in a way that made sense.

I felt very welcome and that made me want to actually do the course. Also, this course needs to be recognised a lot more because when I went for the assessment and explained I was doing this course, the assessor minimised this course like it was nothing, when in actual fact, I have learnt a lot.

Thank you once again

Hello

The Freedom course I did has helped me understand the concerns and consequences of how to treat a woman. Amy helped me understand the things I am doing wrong. She is a very nice teacher and she narrowed everything down to my own understanding.

I would like to go through this again. Since I have taken the course, my way of approaching and treating my partner is different thanks to the Freedom course and Amy.

Thanks

Background

I self-referred to the programme via an online enquiry on the 25th April. My request was responded to immediately by Amy with very clear instructions of how to enrol which was a very simple and straightforward process. My first Zoom session was on the 9th May.

Clear instructions were sent well in advance with access to the course materials which were well segmented into manageable and easy to understand chapters of the types of domestic abuser profiles we would be covering.

Course Materials

The chapters are a good blend of alarming facts around domestic abuse and give an exceptional insight into the types of tactics, abuse and beliefs of the different types of perpetrators. Prior to the course I had a misconception of abuse as previously everything had been positioned to me as domestic violence which I struggled to identify with.

Throughout the course it became clear that there were indeed many other types of abuse which I identified with and challenged my beliefs and demonstrated how my previous actions and behaviour have been harmful throughout my marriage and needed to be addressed.

Weekly Zoom Sessions

The structure of each 90-minute section was well thought out and expertly facilitated by Amy.

She ensured that you were challenged and most definitely that you had to participate, and it was clear from the first session that you had to be well prepared and that failure to do this would mean that you were not allowed to continue with the session.

Amy ran each session with professionalism and was respectful to all attendees.

I have learned a great deal from the programme and would not change a thing from the course.

Thanks Amy and enjoy the sunshine.