

TRANSFORM YOUR WELLBEING

REVIEWS



Since the start of lockdown Transform has been offering online wellbeing workshops for individuals, staff teams, and organisations.

100% of participants have said they would recommend our training, and most already have.

I found it very beneficial to open up and recognise how much I was grateful for and what more I could do to improve my mental state.

It was a lovely, relaxing and thought provoking session

Very useful! I think it really made us stop and think about what emotions we are feeling at the minute and what we can do to help our mental health during it.

All the activities were perfect, well-structured timed activities where we all appreciated the time we had with each other.

The tips to manage my wellbeing but also the time out to think about how I was feeling and that it was ok to have bad days.

I thought the facilitator was very good. She was prepared to participate and model the process so that it did not feel like a forced or formal experience.

A really beneficial workshop that has certainly helped during these strange circumstances. eLearning can be awkward but I felt we were in a room together.

To book contact Transform