

# Testimonials



**Student:** Thank you so much for the session, I felt so at peace and I feel so much better.

**Teacher:** That was the quietest we have ever seen that group, whatever you did, it worked, was powerful. Thank you so much for bringing your energy it has really helped them.

**GROUP MEDITATION, YEAR 9 STUDENTS, HIGH SCHOOL**

Lisa went out her way to ensure I got the qualifications I needed and not just the ones I thought I could get. I cannot recommend Lisa as a mentor or workshop leader enough, I was very lucky to have her throughout my NVQ experience. I can't imagine completing the multiple qualifications I gained without Lisa's support, help and advice. She did an amazing job and always took time to listen and advise when I got stressed or confused.

**MENTORING 18 YEAR OLD FEMALE**

Let me start by saying I was so blessed to meet such an amazing young beautiful caring lady called Kaysen. I've only known her for about a month with 5 sessions of seeing Kaysen over the past 6 weeks I am amazed how she had changed my life. She has helped me become a better person and learn to self-love myself. She helped me physically, emotionally. With the traumatic experiences I have had in my life she has helped me move on from the past and overcome my depression, she has also learnt me how to cope with it. Kaysen also has got me into Emotional Tapping Technique and Reiki which releases the negative energy out of my system. She has got me into healthy eating and also the Juicing.

**MENTORING 19 YEAR OLD FEMALE**

Our staff team have developed their practice, our sessions are now more consistent and professional and it is great to see everyone working more effectively as a team. Great success, thank you Horizon.

This would recommend you as a future mentor simply based upon your professional friendly manner in helping people attain their targets, helping them through the more difficult aspects of study and learning. Without meeting up with you and discussing learning difficulties, and study barriers which everyone encounters, my learning may have been quite different, yes you did indeed help my educational goal in many ways.

## STAFF TRAINING WITH DIVERSE VOICES



## 20 YEAR OLD MALE INCLUSION COURSE

The assembly was so informative, we learnt a lot of strategies to manage our stress during our exams.

The balance technique was fun and I never knew that I can check in to see how I feel internally, this was really cool.

## YEAR 11 ASSEMBLY

