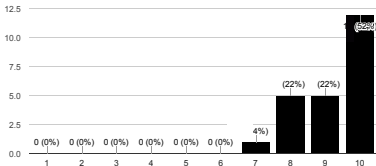


Art of Seeing Yourself Post Session Feedback

The Art of Seeing Yourself

Post Session Reflection

On a scale of 1-10, how useful was this Art of Seeing Yourself session?



Describe your experience in three words

Inspiring, deep, reflective

Overwhelming, Insightful, Enlightening

1)Thought-provoking

2)Engaging

3)Interesting

Freeing, insightful, inspiring

encouraging, emotional, thought provoking

Sisterhood, Touching, connection

Interesting, insightful, validating

Intense, reflective, supportive

Enlightening, exhausting and thought-provoking

Uplifting, empowering and emotional

Empowering, insightful, invaluable

reflective, motivating & inspiring

thought provoking, raw, bonding

Thought-provoking, inspiring, motivational

Intense, emotional, encouraging

Intense, emotional, insightful

Opened my mind

Interactive, balanced, inspiring

Clarifying, thought provoking, educational

Reflective Inspiring Bonding

Enlightening, interesting and fun

Informative, enlightening

Overwhelming, Insightful, Emotional

What one thing will you take away and implement?

To try and relax into position where I'm comfortable to show more of myself and be vulnerable

The main thing for me was that what others think of me is very different to how I view myself - I will remember that going forward as a key starting point to build my confidence.

In letting down your own guard, you become more approachable / likeable.

Realising that we will all have different confidence building strategies, because we all have different strengths and weaknesses...it's not just about being louder or feistier.

Finding my 'word' was really quite powerful - giving me the freedom and permission to cut out the noise, to create order from chaos...and be a bit more elephant!! ;)

open, I don't say anything about my personal life at work and I think I need to so people understanding me more

Using my word to remind me before/during challenging tasks & times what drives me.

To continue to work on making meaningful connections with others.

I will focus on trying to implement my 'word' over the next couple of months. I will also make more effort to give good feedback to people at home and at work.

To be myself - everyone has something to contribute and appreciate my unique qualities

perception- how its just an opinion.

The main thing will be to question my values before making decisions to ensure they are aligned

to not let other peoples moods affect my own

Reviewing my backpack, carry my word around with me, inspect my emotions more regularly so I can be less reactive and communicate my boundaries more clearly at work.

The sense of indivisible 'super powers' which can be applied in any situation or environment

That who I want to be is in me already

Not being afraid to keep my backpack closed sometimes to prevent taking on too much baggage personally and in work, and not feeling guilty for this rather explain the reasons I'm closed letting other people take the item of baggage and other people to deal with it if I STOP it will allow me to grow

Identifying the emotion and how to handle in the situation

My key word chosen to enable me achieve my better

I will be braver in my approach to work. I will be kinder to myself and celebrate my strengths.

To be kinder to myself

Importance of reflection

That work doesn't take priority. No matter how much "you" think you are putting family first, you're not. Don't lose sight of your family.