

**Did the program meet my main reason for attending?**

All 18 participants ticked yes to this.

A further comment: The program exceeded my expectations. The whole concept of *self* compassion was foreign to me prior to attending the program and now I feel I have access to some very valuable tools to help me continue to activate and maintain my calming system and so much more....

**What was most useful?**

Given I'm a beginner to MSC, I found pretty much all of the meditations and informal practices beneficial in some way.

The blend of; input, meditations, poems, reflections, journaling and discussions in both the small and large groups.

By far, the sharing of stories by both the facilitators and participants in such a caring and honest way was very valuable.

The dynamics of this group was so conducive to learning, sharing and connecting with each other. The aspect that stands out was the 'being with' the other participants and teachers – very useful experiencing the perspective that we all suffer and find 'being human' hard in so many ways – the sense of solidarity in this was wonderful to experience and equally wonderful to continue to recall, even with the programme now over...

Very useful to experience 'being with' the teachers, and the perspectives and orientations they live out in how the program is managed, in what is said in the teaching, in how participants are responded to... wonderful kindness to experience, being 'taken seriously' but held lightly.

To learn to drop into the present moment and press the pause button.

The program gave me a space to accept myself, in all its parts...to accept the struggle.

It provided a space away from the daily grind with others who were easy to trust.

I found the compassionate letter very powerful. The structured lead-in to it allowed me to really understand what it was about, and I experienced the amazing impact of moving from criticizing myself to bringing compassion.

**Feedback on facilitators:**

The being taken seriously – no shaming, nothing too silly, everything accepted – whilst being held lightly – the sense that everything can be managed, held, laughed with ... so comforting and a wonderful orientation that I'm often referring now.

Tina, your contribution was significant in creating a safe, warm, kind and comfortable learning environment. Your expertise and experience in MSC was evident throughout the program as well as your ability to provide lots of relevant examples to explain a point/concept. Tina you were also very willing and open to share personal stories as and when appropriate and have a good laugh too...lots of good laughs!! Your sense of humour really added some lovely shades of lightness and release throughout the 4 days. Perfect.

Tina Gibson

Adelaide Mindfulness

<http://www.adelaidemindfulness.com>



## Feedback from participants of the MSC intensive in September 2017

It was also great to have Pete; he often added value by his insights and presence.

Pete has a way of being kind, gentle, quiet, warm and thoughtful. It was great to be able to chat a few things out with him in the breaks.

Tina's teaching skills are wonderful – she expresses ideas very clearly and succinctly, with absolutely beautiful language and images. She also has terrific skills in leading and responding to the group. Keeping us moving (with kindness), keeping discussion focussed whilst letting conversations open up...very skilful – thank you.

I appreciated the warmth and humour of Tina and gentle nature of Pete.

I continue to be blown away by your skills, humility and integrity, Tina. Your organization and generosity with the handouts, the emails with resources and the beautiful little keepsakes were incredible. I love my stone, and have been wearing my wristband all week. I loved the humour and the gentle presence and availability of both you and Pete, and the loving interactions between you.

### **The venue:**

Sophia is a perfect venue for this type of program, especially the beautiful garden. I really feel this added to the value and benefits of this program.

Absolutely beautiful it supports the program magnificently.

A very beautiful, sacred space. Perfect.

### **Other General Feedback:**

It was powerful to visit core values again and learning to view them through the lense of mindfulness.

I was touched by the ease to be with others, the common humanity – and with this ease came acceptance and a longing to be kinder to myself.

All of the teachers contributed to a relaxed and open environment that supported us as a group but also really engaged me personally. 4 days of this could have been horrible – either boring or just too overwhelming, but this was definitely not the case. Thank you 😊

