

# We Are All Wired Differently

## 2<sup>nd</sup> December 2016, AVIVO



**Most people came to 'We Are All Wired Differently' to gain a new way of thinking and challenge themselves to help themselves and AVIVO change and develop**

**We asked our attendees how they would rate our course presenters on their delivery style**

100% said Excellent or Very Good with an additional 'AMAZING!' added on

**We asked our attendees how they would rate our course presenters on the course material they used**

100% said Excellent or Very Good

**100% of respondents said they were 'Very Likely' to recommend this course to others**

**A selection of open comments from attendees on what they enjoyed, learnt and will take away with them:**

"How to sort out my own thoughts and gained valuable insight"

"Safe space to have your thinking challenged"

"It was a good size group. True stories help to personalise it and make it easy to find your own"

"Chimp is in the background prompting the negative"

"The flyer was good on detail so I was open to be challenged"

"This is just what I needed in being reminded of the way of thinking and which part of the brain I'm using"

"Open discussion on 'tricky'"

"Challenging, enlightening, real, not "just another training day". Could benefit so many people."

"The open, honest, flexible presentation style"

"Personal stories shared - help to understand what it is we are talking about - there are times when there are no right/wrong answers - listening to what is truth helps"

"This will allow me to grow in my practice and challenge myself more in the future. It will allow me to support my teams better going forward."

"Real life stories shared by Judith and other participants"

"The easy to understand concepts (explanations provided)"

"Judith's ability to respectfully challenge participants"

"Separating the person from the act"

"What we say and do can have a huge impact"

"It starts with me."

"Acknowledging chimp brain in myself and others"

"To be aware of group think and call it. To look for what people need to see and hear to change perceptions."

"Reflection on when I'm thinking and reacting from emotion and if it's built into my values."

"Remembering to separate the person from the act. How to support self and others working alongside people who are tricky."

"If come across "tricky" person, see that person not their actions."