

Belfast Recovery College Feedback on Bridgeen's introduction to mindfulness course
2021/22

- Thanks for these courses they help me over lockdown
- The course tutors were good a break in the course down I'm making it easy to understand
- More participant interaction would be good, but that is not reflection on the effort from the tutors in trying to engage everyone. I think it's just difficult for some participants to feel comfortable to speak up and give input
- Excellent session, thank you
- Amazing workshop, excellent facilitator
- Really enjoyed the course, have recommended the Recovery College to my colleagues. Look forward to signing up for more courses.
- Very informative and useful, thank you
- nil
- Excellent, many thanks
- Amazing workshop, thanks Bridgeen and Thomas, maybe could have been longer sessions or have a few follow up session. thanks again
- Bridgeen came across very well.
- I ONLY WAS ABLE TO ATTEND 2 OF THE SESSIONS, SO I WOULD REALLY LIKE TO ATTEND AGAIN, I FEEL THAT THIS WILL GREATLY HELP ME WITH MY MENTAL HEALTH, I HAVE BAD DEPRESSION
- Good content and tuition, which has benefited my approach to mindfulness.
- Course was a great introduction to Mindfulness, Bridgeen is an excellent teacher. Would like to do more. Thanks!
- I found this course enlightening and engaging and left with a new way of thinking about myself.
- very good and I learned how to cope with everyday challenges
- I really enjoyed this course. I felt more relaxed after each session and the mindful breathing techniques and body scan really helped me relax and refocus. I wish there were more sessions. Thank you so much for this very enjoyable and valuable course.
- Internet reliability a difficulty. Tutor very knowledgeable about topic. Made it very accessible. Created a safe space for expression. Thank you
- Thank you Bridgeen, a wonderful course which I will be recommending to friends & colleagues.