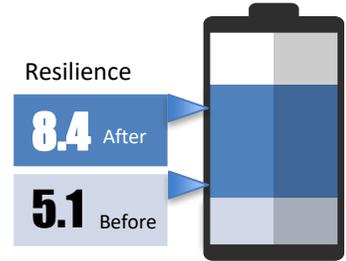


# JCCT – Parents - 2016



Impact: The average level of resilience across the cohort before and after improved by 3.3 basis points when measured on a 10 point scale.



## Anything else you want to tell us?

- “Thank you, I loved every minute.”
- “Thank you ! I’d be interested to learn more from you.”
- “I think this course will help!”
- “Well, Louise is very helpful. I enjoyed to be in this course”

## What would you say to another parent thinking of coming on the programme?

- “Do it! Recommend 100%.”
- “Be open minded and let someone else teach you new skills.”
- “You’ll find it very useful.”
- “Do it. It opens up your mind to different perspectives”
- “I would tell my friends to start the course. It will help them to have skills to solve life problems.”

## What's the biggest change you have noticed since starting the programme?

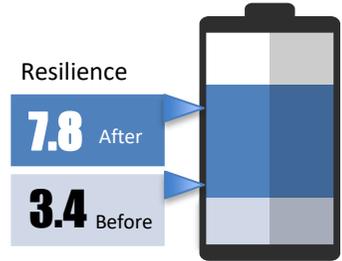
- “Being a lot more thoughtful towards other peoples feelings/attitudes.”
- “I’ve stopped snapping at the children.”
- “Being able to slow my thinking down and being able to explain it.”
- “Understanding why I react the way I do, It’s helped me slow down.”
- “I’m more positive, I can manage to solve some problems in my life.”



# JCCT – Parents - 2015



Impact: The average level of resilience across the cohort before and after improved by 4.4 basis points when measured on a 10 point scale.



### Anything else you want to tell us?

- "I really enjoyed this! Thank you!"
- "Really excellent course!!"
- "Louise is a wonderful woman, always smiling & helpful."

### What would you say to another parent thinking of coming on the programme?

- "It's worth knowing the skills, you'll use them at some stage."
- "It's definitely worth doing."
- "Really good course, you learn a lot, nothing but positive feedback about the course."
- "It will change the way you think and do things everyday."
- "well worth it even if you only take away/remember one thing from it all."

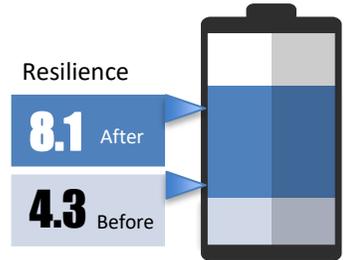
### What's the biggest change you have noticed since starting the programme?

- "I'm assessing things more, trying to note down my worries & make them more manageable."
- "I stop and think more about the situation."
- "I've enjoyed it, also learnt new things throughout the 4 modules. Highly recommend it."
- "Oscillation/Taking 20 mins breaks to re focus."
- "Taking time out for myself, thinking before I say something (even though it doesn't work all the time)."





Impact: The average level of resilience across the cohort before and after improved by 3.8 basis points when measured on a 10 point scale.



### Anything else you want to tell us?

- "Thank you, I loved every minute."
- "Thank you ! I'd be interested to learn more from you."
- "Think this course will help!."
- "Well, Louise is very helpful. I enjoyed to be in this course"
- "I really enjoyed this! Thank you!."
- "Really excellent course!!"

### What would you say to another parent thinking of coming on the programme?

- "Do it! Recommend 100%."
- "Be open minded and let someone else teach you new skills."
- "They will find it very useful."
- "Do it. It opens up your mind to different perspectives"
- "I would tell my friends to start the course. It will help them to have skills to solve life problems."
- "It's worth knowing the skills, you'll use them at some stage."
- "It's definitely worth doing."
- "Really good course, you learn a lot, nothing but positive feedback about the course."
- "It will change the way you think and do things everyday."
- "Well worth it even if you only take away/remember one thing from it all."

### What's the biggest change you have noticed since starting the programme?

- "Being a lot more thoughtful towards other peoples feelings/attitudes."
- "I've stopped snapping at the children."
- "Being able to slow my thinking down and explain it."
- "Understanding why I react the way I do, It's helped me slow down."
- "I'm more positive, I can manage to solve some problems in my life."
- "I'm assessing things more, trying to note down my worries & make them more manageable."
- "I stop and think more about the situation."
- "I've enjoyed it, also learnt new things throughout the 4 modules. Highly recommend it."
- "Oscillation/Taking 20 mins breaks to re focus."
- "Taking time out for myself, thinking before I say something (even though it doesn't work all the time)."