

Testimonials for Resilience Course

Firm feedback

Thrive Law

Alicia Collinson Senior Associate and Tribunal Advocate

“Ann provided us with resilience training in these times of change. Thank you so much for this session. Really enjoyable and some great take aways. It was a brilliant course and had some great takeaways for the future. I would recommend Ann’s courses, 100%. Uplifting and educational!”

Imogen Templeman Senior Associate and Tribunal Advocate

“I enjoyed the pace of the course and the fact that Ann had specifically targeted her course to help us with the covid-19 crisis. Ann is a brilliant course leader. She is very engaging and genuinely cares about the delegates.”

Uthman El-Dharrat Paralegal

“I really enjoyed the fact that the course was informative but not exhaustive. It’s nice to be able to have a discussion freely with my colleagues, simply stating what is on my mind without worry. And to be able to discuss the topics we did without feeling overwhelmed.”

Anabelle Oliver Trainee Solicitor

“I would highly recommend anyone to complete the resilience training with you Ann. You are such a lovely person to deliver the training and resilience is extremely important, particularly at the moment.”

Virtuoso Legal

Razvan Popa Trainee Solicitor

“I found the self-care routines, dealing with emotions in order to develop resilience really useful. It is important for people to learn how to be more resilient in these challenging times.”

Ellie Wilson Trainee Solicitor

“Ann has a warm and positive approach to training. Memorable terminology and putting words to concepts, eg. ANTS. Interactive elements made it personal.”

Wrigleys

Jane Netting Partner

“Picked up some really useful skills to improve resilience during lockdown. A reminder of being more self-aware. I found the diagram about positive and negative emotions really helpful and looking at how to not fall on the slippery slope towards negativity. I think it gives people the tools to recognize how they can change their behaviours and how their behaviour impacts on others.”

Lisa Eato Legal Director

"It was useful, informative and interactive – and relevant to now. I liked the focus on self-care. I found the ANTS section interesting, how to challenge your ANTS! Also like the idea of a gratitude journal. It is all fascinating, interesting to me. In my management role, tips on how to manage colleagues who are at different places in the 'valley', how to support them on their respective journeys whilst tackling your own, would be helpful."

Malcolm Foy & Co

Andrea Pashley Notary Public, Senior Partner and Head of Family

"I enjoyed all of it but especially taking time out of the day to think about something other than what is in my work diary I would recommend this course as it did what it said on the tin. It was a good booster and just what I needed. This was my first course with Ann and I am already looking forward to the next."

Jessica Mason Property solicitor

"Being encouraged to think about yourself and your needs, and what your usual thinking processes are compared to others. Seeing the different thought processes for other people who you see on a daily basis. We may be similar in terms of line of work, but everyone is very different."

Eleanor Story Solicitor

"I found the diagrams and steps to breaking down troublesome thoughts and concerns that pop up in everyday life useful. It was a good enjoyable and challenging course which provides opportunity to reflect on current habits and routines."

Robinson Ralph

David Sillitoe Partner

"Consideration of reframing negative thoughts as a positive. Use of the word "yet", as a reminder that even though you didn't get the work at that moment, you might in the future. For me, the part about self-care. Thank you, Ann"

Samuel Higgins Senior Paralegal

"I thought that the interaction was brilliant. It was just the right balance between direct conversation and referring to information on slides. I felt personally connected to the content. I found that the direct questions were thought provoking and encouraged a thorough evaluation of the present circumstances. I would recommend this course If anyone finds themselves struggling with negative thoughts about the impact of COVID-19 from both a personal and professional point of view! A great host who makes you feel both able and comfortable to share ideas and solutions to combat the challenges we all face. The session was a great use of time and I feel better both professionally and personally from having participated in it. Well done, Ann!"

Bailoran Solicitors

Alexia Savar Trainee solicitor

"I enjoyed the format of the zoom with resilience being in the stages as this made it very easy to follow. I also enjoyed the practical examples and the quotes. I rang John straight away to thank him for suggesting me to join this. I have been struggling with confidence lately as I was furloughed and the worries with Covid so found this very positive and helpful. Thank you very much Ann."

Alicia Horrigan Paralegal

"I very much enjoyed the practical element of the workshop I felt it was engaging and personable. I enjoyed how explanations were conveyed in a graph. I am very much a visual learner therefore, it helped retain my attention. I found all aspects of the workshop to be useful. I think all of the content covered all of my initial queries I had on the topic Interactive material which made me consider my personal attributes in a professional setting. The approach used was personable and easy to understand. Thank you for providing an insightful seminar in such a challenging time and providing me with the confidence and direction as a young professional to move forward in my legal career."

Single feedback

Noreen Khan, Managing Partner, Kaiser Solicitors

"I found looking at the three key areas was really useful to where I am at the moment. Really good uplifting session just what you need when you are struggling to map your way out of lockdown."

Lindsay Dixon, Principal Lawyer & Head of Commercial Litigation Metamorph Law

"I thought it was excellent as it was a good mix of interaction, exercises and teaching. I found it particularly interesting listening to some of the other delegates and the input they had. Highly Recommended"

Jane Wintringham Managing Director Adel Wills

"Brilliant workshop which gives you quick tools and techniques to use now and in the future."

Jo Randall Partner Berwins

"I enjoyed the interactive nature and the straight talking! Some very useful take home points and contributions from fellow attendees. Ann is very clear in her advice and guidance."

Diane Parker Partner Atherton Godfrey

"I enjoyed all of it and found the graph on acceptance and the happy section useful. I think this is a useful reminder to look after ourselves."

Laura Mounsey Partner Harrogate Family Law

"The slides were clear and punchy. It gave me the space to think about my wellbeing which I tend to de-prioritise. I was helped to think of practical habits that I can and should do to support myself. I left feeling very motivated to feel better and that I was back in control. Yes. As a lawyer, I often feel under pressure to be bulletproof. I now know that it is okay not to be and that I must help myself before helping others."

Kristen Craig Partner Dawson & Burgess Solicitors

"I found the interactive challenges useful as it was good to know I am not alone in my concerns. I would definitely recommend this course as lawyers we often focus on training/updates in our practice areas but the more 'softer skills' are just as important."

Sarah Podesta, Consultant solicitor

"I enjoyed the opportunity to discuss situations where resilience skills may be needed and the three- section strategy for reframing negative thoughts. There was also useful 'quick tips' for maintaining resilience in a difficult situation"

Kimberley Woodhead Solicitor Wrigleys

"I enjoyed the interactive nature of the session, and also Ann's personable approach Easy to understand and also practical. I expect we all went away with a few things to try!"

Sally Togher Employment Solicitor Raworths

"I enjoyed a chance to reflect and consider what I can change. Considering the self-care routines and the switching emotions part. Yes, very useful and makes you reflect on a lot. Really useful course, thank you."

Aleksandra Cebula Solicitor NQ Truth Legal

"I enjoyed this Interactive workshop in a small group- opportunity which made it easy to participate. I found it useful to learn about techniques and actions to become more resilient. We are all facing personal and global adversity. This course helped me to distance myself from my worries and concerns and look at them from a different perspective. At the end of the session, I felt much more positive and equipped to plan how to tackle the immobilizing stressors and direct my energy towards productive action. Thank you so much Ann! This workshop was very helpful, and I already feel more positive."

Sadie Simpson

"I would recommend this course for people to have a different approach to how to think about negative thoughts and how to be more positive. I found the techniques to help combat negating thinking useful."

Ellie Stansfield Blacks Trainee Solicitor President Leeds JLD

"Learning tools together with others who are experience the very same thoughts as you. Taking away useful techniques to assist me with resilience. I.e., is it true? What is the evidence? Self-care word. Having lots of quotes."

Chris Bates Practice Manager Pennine Law

"I would recommend this workshop to any leader who manages a team of people."

Keira Gold Student MMR

“I really liked how visual of the habitual v conscious reaction. It made it a lot easier to understand and I found it made it a lot easier to format an action plan to combat it. I find I related a lot to the emotional spiral; I enjoy visual learning and I have referred back to this when establishing how my emotions are spiralling. I found it useful understanding why fear arises and how to reframe my mind to combat a scenario has really changed my mindset on the response of fear. I have found myself acting differently and questioning my fears more since this session. I really enjoyed this workshop; I’ve found it to be one of the most helpful sessions yet in regards to how to combat future issues I may face.”