

Terence's Case Study

75 years old - respiratory illness

What were your thoughts and expectations before joining our any-condition management skills course?
"Initially, I was dubious about joining, but it was my doctors' suggestion to join, who I trust. He asked what I had that I could lose, and I said nothing.

Having joined it, I really enjoyed it, and it not only equipped me with self-help skills, but also allowed me to understand what was going on in-me. I also loved speaking with the group, and the whole experience was a pleasure. The insight I had into myself was great, compared to before attending where I knew very little about myself. The tutors were very down to earth, they were so in touch with life's problems, it didn't feel like a manual that I usually get told to read, which doesn't help me."



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Would you recommend our courses to others, if so, why?

"I would definitely recommend others to take the steps to attend, you'll leave with an endless amount of benefits, whoever you are. You won't leave the course empty-handed. There was nobody more hesitant than me, and it was one of the best decisions I've ever made. "

Did you have any goals that you felt attending our course enabled you to do?

"I had no initial goal in myself that I aimed for before starting, but during the course, the Support Tutors began empowering us to set ourselves aims. A goal I set myself was to get more motivation, and I had no self-motivation at all before starting."



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How did you find your peers during the course?

"Each one of them seemed to get on with each other - everybody clicked together, and we all had a common denominator, which made me feel comfortable with all of them. Which can help when you're in a situation like that, when you don't know anybody - especially being online."

The atmosphere was always encouraging from my peers, as I say, the folks that were running it, they both had so much to offer, and they felt part of the class, it was all so integrated."

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How were things with your peers after the course came to an end?

"We've all still remained connected, a few of the ladies from the group have visited me on a number of occasions, they've all been encouraging me, and it was lovely to see them all face to face.

I have such a good connection with all of them, and we remain friends now on WhatsApp and talk daily. It's been wonderful. It's giving me something to hold onto."



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Were there any points you felt that the course wasn't for you, if so, what got you to the end?

"I went into the any-condition course with a hesitant beginning, but as soon as the course took off, my hesitance towards attending vanished.

Truthfully, I had some conflict. Being older, the fact is, I wasn't in-touch with my emotions, I ignored and suppressed them. But once again, joining the course and sticking with it was an amazing decision I made, and it's allowed me to explore and manage an untouched side to myself that was left in the dark."

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What would you say to anybody considering supporting, recommending, or attending one of our courses?

"I would absolutely push anybody to join, based on the fact that you may not feel it relates to you, or you may be hesitant towards speaking about such a difficult topic. But you'll be enlightened by the things that you can discover."