

Non-Aboriginal Returning To Spirit Workshop's Evaluations Prince George, B.C., April 30 – May 3, 2017

13 Participants from: Prince George, BC; Fort St. John, BC.

3 Trainers from: Nanaimo, BC; New Hazelton, BC; Winnipeg, MB

Coach from: Cochrane, AB

Host Community: FAMILIES, BC Schizophrenia Society, Prince George Branch

Host Coordinator: Kim Dixon

Workshop Coordinators: François Paradis

Participants were asked to evaluate their experience of this RTS Workshop by answering the following question:

How has this workshop made a difference in your life?

Before attending this workshop, I thought I knew myself very well. I thought I am aware of my feelings, thoughts and behaviour. I thought there will be nothing new to learn. But I am surprised by the fact that I was all wrong. I found out above a lot new finding about myself. I found all of that it was not me but the story that I was playing in. This workshop allowed me to discover me hidden me. I am really very thankful to all who helped me in finding myself.

Anonymous

This workshop has given me insight to the things in which I never thought I would get away from, that I am accountable for everything I do. This course teaches a basic principle of life, one that is overlooked but almost everybody. This course changed my life.

Anonymous

Upon completion of this workshop, I am becoming.

Norman Campbell, Prince George, BC

This is my second time and I feel I gained even more perspective. I still have similar beliefs and practices. My labels are the same. I'm not sure if I can make this work in my relationship but I will take my power back.

Anonymous

With the work that I've done with the tools that I have been given from RTS as well as the support and love I've got from all of the participants I have a new love and respect for myself. I feel that I have the strength and the tools now to continue my work into self acceptance.

Lindsay Antosko, Prince George, BC

It opened my eyes on how all the past can affect the present. It showed me what people are up against in everyday life.

Carl Schmelzel, Prince George, BC

This workshop has help me to let go of guilt and shame that I have been carrying for years. It has also helped me to see that many failed relationships in my life are a result of me hanging onto resentment and unforgiveness. I have been able to accept and let go of several things during the past four days and plan to keep using the tools I have acquired here to better my life and free my spirit. A great big thank you to our trainers.

Linda Lee Langthorne, Prince George, BC

The workshop is make a difference in reminding me that personal responsibility is necessary for full and vibrant life. Regardless of the depth of pain or conflict that appears in my life, I have the personal power and strength to alter it, which will keep me growing and developing, and living in my own light.

Leslie Allen, Prince George, BC

I have been in “therapy” for a long time. On the day of discovering my core belief, it was very powerful. To discover and feel the intense feelings of grief, and thanks to Gigi, I was able to verbalize, look and see how much this distorted view of myself was linked so intimately with everything I encountered throughout my life, was extraordinarily freeing. I have the choice to accept the experience and let go of the false belief. I felt free and a sense of “this is it” finally. The calmness within my spirit has given me hope again. Thank you facilitators and RTS. Sincerely Anne.

Anne

I feel that I am free of the negative “go to ” place that I have created throughout my lifetime. I realize that I can’t control what others say and do, but I can control what I hold on to. I now know that this new healthy behaviour and thoughts will, with practice, become my new way of survival and will be just as natural as my old behaviours. I know feel lighter, happier and open to experiencing all that will come to me in the future. I will no longer run, nor will I hide or fight, I will now stop and think about where I am about to go with my thoughts words and actions and choose what outcome I want to live with.

Anonymous

Given me the path to follow, that will lead “me” to “me”. Tools to use along the way to slay the demons of disempowerment. Strength and encouragement to do the work, to get back up when I’ve fallen, be patient and forgiving when I am weak or repeat old behaviours..., to be patient without judgement with those who are not “there” yet. With much gratitude, I thank our trainers for helping me return to my spirit.

Tracy Forbes, Prince George, BC

This workshop has enlightened me immensely and been very helpful, informative as well as very emotional for me and many others in the great group of people that took the workshop. I've learned to confront my fears and have done some intense completions. I look forward to practicing and doing more and being more expressive through choosing my words with care and compassion. It's going to be a relief to let go of the anger, frustration and guilty feelings towards others and myself. Thank you to the wonderful trainers and their examples and insisting we do our homework!! It is life changing.

Debbie Bowden, Fort St. John, BC

This workshop has deepened my understanding of the ways to become aware of how I lived in the past and the importance of letting go through accepting and making the past complete for me.

Benjamin Laurie, New Hazelton, BC.

I have been inspired by the debt of sharing and the transformation in people's lives. The participants threw themselves into the process and it was amazing to see the shift in the energy from day 3 to day 4.

Gigi Jacobs, Nanaimo, BC.

This workshop is continuously needed to make a difference toward transformation and reconciliation in people's life. The work brings its gifts to me as I see participants creating breakthroughs for themselves.

François Paradis, Winnipeg, MB.