

Evaluations from the French workshop; January 26 to 29, 2017; Montreal

21 participants from: Chicoutimi, Gatineau, Île Perrot, Jonquière, Mani-Uteman, Montréal, Saint-Charles-Borromée, Trois-Rivières et Québec.

Two trainers from Manitoba

Two developing trainers from Quebec

Question: How has this workshop made a difference in your life?

This workshop allowed me to strengthen my inner freedom, which was the reason for my taking this session.

I now feel better equipped to make the choices that I will face.

Andrée Brosseau

I have learned much on my very personal way of reacting to events, on my way of getting out of some behaviors and ways of [no] communication visible to me and to others. I can understand others who have their own story.

Furthermore, I was able to relate some attitudes that I was already living with the teachings of the workshop: presence of God (and creation of me); absence of criticism (trigger...practices); no complaining (acceptance of events – one of the elements of the group agreements); the five Christian contacts that are part of my daily life (“completions” have all the qualities of a Christian contact).

Finally, I leave here feeling free, with the future opened before me, motivated to practice using my new tools to bring about peace in my milieu.

Louise Royer

This is not the first time that I experience group dynamics, however, this experience led me to a way of dealing with various difficulties whether they belong to me, to the other or to others.

Without this workshop, dialogue in view of accepting another culture is impossible.

I hope to live to see and experience reconciliation between “the White people” and the “First Nations”.

In an ideal world, will we ever be able to live and build together? I believe it to be possible but it will take time.

Anonymous

The journey towards the spirit is a never ending journey. I have undertaken another journey, towards myself, and with you.

I left with the desire to heal certain wounds that overshadow who I am. I did not leave by myself but with you and guided by François, Jacques, Lucie and Rose-Anne –

As I went along I discovered the reasons behind the rules and regulations. At first I saw them as rigid and childish. Then I saw them as tools to foster respect among us and for best use of our time together, not to skim the surface of things but to go deeper, further in the discovery of who I think I am and then, of who I am.

To come to understand, name and discover who I think I am - my core belief – Mrs. Vulnerable – took courage and humility. Yesterday some events threw me back into my concept of me and it was very painful – the never ending cycle kicked in – which I was able to stop with the use of my new tools. I became aware of my practices – isolation, blame and resentment. Newly found friend: acceptance came and I was able to shift to my true self. Events, well known triggers, had succeeded in throwing me back into my past. My journey continues and I can better navigate, I am less afraid to sink and I dream of new destinations. I am no longer afraid of being crushed. Who I am showed up behind the screen – someone capable of compassion towards myself and others. Not to judge or blame what happened but rather rediscover what is hidden, what was not able to live, to exist, to bloom within me. I accept without blame, without judgement, without guilt what has happened. I reposition myself in my true self; I am strong and resilient; I reconcile myself with that little girl who protected herself to survive the best she could. I am grateful to all the people who have helped me grow along the way and I give thanks for the openness of spirit which was given to me and the faith that I have.

To you all, my companions on the journey, thank you! The extraordinary commitment of each and every one has made all the difference.

To you, trainers and trainers to be, thank you for your energy, your listening, your commitment in this formation and the formidable tools which I now have if I want to continue to rediscover myself and better live the creation of me in relationship with the others and with life. A deep listening quality; your commitment; your inspiring persons. You call forth respect, truth, joy, healing. THANK YOU!

Anonymous

I experienced how I could be myself. I became aware of many things and could link these to my everyday life. I am more inclined to forgive myself and am better at making completions. I feel that I am loved and that I have value in my own eyes and in the eyes of others.

I am in development with becoming a better person. Thank you!

Anonymous

This workshop brought a change in my life: I understood that I have the power to change myself not the others or the events! Results = acceptance and serenity.

Anonymous

Freedom to be, an understanding of self, but still respecting my wounds and my limitations. The workshop allowed me to move forward in my journey toward acceptance.

Anonymous

I received a better understanding of myself in order to intervene more effectively in my social ministry projects.

Michel Pilon

I became aware of my way of survival and my false beliefs. These were difficulties which I knew of but with which I could not bring myself to react differently. I felt caught in these.

Now, I feel better able to recognize them as unhealthy and identify them as needing to change. It seems that they no longer have all that power over me.

Anonymous

I came in with a chip on my shoulder concerning a situation with a co-worker. I am leaving the workshop with a different outlook on the situation which I have now accepted and so I am more in peace with myself and probably with people around me.

Elaine Grondin

This session allowed me to solidify the personal therapy that I am about to finalize.

Anonymous

To have identified who I am, what built me up, the way I react to various situations. Having identified this already allows me to react and to be able to better understand what is happening.

Gerard Boudreault

By learning to know and identify certain mechanisms that I have developed that prevent me from fully entering in relationships with others and that keep me in a victim's stance – preventing me from acting.

By making peace with myself (in a deeper way than before) thus opening myself to making peace with my story and with others.

By giving me concrete tools to better my relationships and my quality of life.

Anonymous

It has been a chance to meet a great group of people who are committed to creating a space for reconciliation in our society.

The energies we can all bring to our families and workplaces can spread positive attitudes and practices where we live.

I hope that this small group will have a large legacy of hope to heal the many divisions that deflate our lives.

Anonymous

It has helped me identify and differentiate between healthy, life-giving attitudes and toxic energy-draining attitudes that undermine my creativity and happiness. The workshop has also provided me with a few simple strategies for shifting my mindset and for transforming my attitudes. It also provided me with the opportunity to meet very interesting persons, many of whom have had powerful life experience and have much to teach. The workshop also allowed me to understand what an indigenous child may have experienced when removed from his/her family and brought to residential school and how this traumatic experience played itself out through all the subsequent phases of his/her life – impacting on children and grandchildren – as well as the whole community and all of Canadian society.

Brian McDonough

This workshop made me even more aware of the fact that awareness is the first step toward changing my disempowering behaviours. And for that, I need to feel my discomfort and make space for it, take time with it.

Now I have tools that enable me to choose to create myself in the future and to let go of the concept of me that keeps me trapped in suffering.

Anonymous

Yes. It has reacquainted me with joyful emotions, exchanges and realizations of how I can experience better situations and relationships. I have started to believe in people more.

Raymond Stone Iwaasa

I find that this workshop greatly motivated me and gave me tools to improve the quality of my relationship with myself and others. The group itself helped me because of its excellent participation. For sure, this all needs to be deepened, reviewed and put into practice. Maybe the fact that we partnered with another participant to help us remember the facts, the decisions taken during the workshop will also help me grow.

Francine Fournier

This workshop is a good tool to change our “conversation”, to reposition ourselves in view of ourselves and of our milieu. The physical aspect of the activities in which we engaged make the teachings more concrete and enables the emergence of what is within – the process is very pedagogical in its progression – the trainers related well/were in harmony – The tasks at the end of each day were DARING... but very effective when we consented to them. Good progression in the presentation of the material. All in all very much appreciated. Thank you!

Monique Vien