

SCHOOL AND COMMUNITY WORKSHOP Feedback for 2017



Waitakere Women's Centre

Mothers

- Spending time with my daughter. Awesome workshop Thank you
- Interesting to know where we both feel our feelings. Spending quality time with my daughter.
- Hearing what my daughter has to say – listening to her being with/ hearing from other mums + daughters.
- Reinforcing what I know.

Daughters

- I really enjoyed drawing the silhouette of mum because she wouldn't stop laughing and it made me smile.
- Spending time with my mum. Its great fun.
- Everyone is different, but everyone is beautiful. And to make the most of my time with my mum. I loved the welcoming feeling and the info that I learned.

Hay Park School

Mothers

- Mother & daughter attributes shared was truly very helpful & important learning.
- Thank you for the positive work you do
I will remember this opportunity always and so will my daughter.
- Which exercise did you enjoy the most?
Expressing your emotions on your body. Understanding yourself

Daughters

- Having positive things, bonding with mum. Thank you for sacrificing your time to help me and my mum become closer.
- It was great to hear from the girl's mums.
- Spending time with my mum.
- I would also like to thank you and our sponsor for offering the workshop to our community free of charge. I know that it was enjoyed by all participants. It was so lovely to hear the conversations as the ladies were leaving about how much they had enjoyed the workshop and about all the new things they had learnt.

Opaheke School

Mothers

- Grandmother/ I enjoyed the experience of how I felt. To have attended this workshop & listening to others answers as they were all heartfelt responses.
I wish these workshops had been available when I was this age. My preteen and teen years were very difficult & flowed into my later life.
- Putting emotions on the body gets you talking about emotions.
- Which exercise did you enjoy the most? Drawing each other & feelings. Visible showing of where these feelings physically affect my daughter.

Daughters

- I now know where mum feels her emotions
- I like how you shouldn't doubt yourself and your beauty.
- I learnt something new about my mum.
- Be yourself and don't compare yourself to others. Spending time with my Nana.
- Which exercise did you enjoy the most? The silhouette because it was fun, and everyone was laughing.
- I would like to thank you for the extremely generous donation you gave to our school, through the Liberty of Being Me, which allowed our girls and their mothers/grandmothers to attend the evening. It is hard to put into words the positive impact this has on continuing to foster very important relationships between the girls and their mothers/grandmothers. Our group was small, but it made it very comfortable for the girls and their mothers/grandmothers to share and Penny and her colleague did such a fantastic job of presenting the programme

Manurewa Central School

Mothers

- The messages about a person's image looks aren't everything you don't really need make up and things. Bonding with my daughter is important.
- Helped me to understand my daughter's feelings more easier. Also, was great bonding time. Spending time with my daughter & seeing her in a positive light and watching others see her in a positive light.
- Just bonding with my daughter. Having that opportunity – don't get it often with another child.
- Doing something just or me and my daughter.

Daughters

- Bonding with mum and images of beauty. Everything was fun and inspiring.
- Love yourself no matter what – love the mirror.
- I understood that I am beautiful. I got to spend quality time with my mother.
- Thank you for bringing all the mothers and daughters together.

- I am writing this on behalf of Family Works Northern, Manurewa Central School and the 18 beautiful mothers and daughters who attended the True You workshop on Tuesday the 27th of June. These mothers and daughters of South Auckland thoroughly enjoyed the workshop.

We had families of Pasifika Maori, Tongan, Samoan and kiwi decent; this made for an awesome mix of diversity and culture and benefited all.

Tamaki Primary School

Mothers

- Sharing our happiest memories together. Seeing my daughter smiling throughout the workshop & bonding more with her too.
- Getting in touch with emotions & helping my daughter identify areas where these emotions are felt. The atmosphere was awesome discussion was easy to understand.
- Drawing of the silhouette I laughed with my daughter whilst doing it.
- Learning about how one another feels because we connected better. Keep doing what you are doing, it's wonderful.

Daughters

- That everyone has different feelings. Having time to spend with my aunty.
- Which exercise did you enjoy the most? The drawing of the memory, I learnt my mum's memory.
- Showing where we feel different emotions, because it showed how I feel daily. That I am beautiful inside & out.
- Never give up.

- **Feedback from Social Worker**

The feedback I got from the parents and students who attended the programme was clear. "We don't normally get a chance to spend this kind of quality time together", "that was so much fun", and "I never thought about it that way, what good ideas".

Women's Seminar 2016/17 - FEEDBACK

- Thank you for giving me the opportunity to love myself.
- Great seminar, thoroughly enjoyed it.
- Amazing!
- My mother and I attended a Liberty of Being Me seminar not really knowing what to expect. What we experienced was a warm and safe environment in which we could explore the ways that societal expectations were affecting our self-esteem, both knowingly and sub-consciously. We both came away feeling better about our insecurities, and that evening over dinner we really opened to each other - having conversations that we should have had years ago. I really feel the seminar helped us to reconnect in a more meaningful way and would recommend it to anyone who would like to be a little kinder to themselves. Juliette