

Testimonial – SHEP Cert in Personal Development

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Killarney - June 2015

This time last year I was here to pick up my cert in Stress Management. I took home with me a SHEP booklet on courses available. I liked the sound of the Personal Development course so I enrolled. It has been all it says in the brochure and much, much more.

The Personal Development course gave us a safe space and supportive environment (created by our group of participants and our facilitators, Anna and Mary) in which we all had a chance to go on our own personal journeys of self-discovery.

It has been a great gift to be in an environment of non-judgement where there was care and respect shown by all. This gave us the chance to open up at our own individual pace. As each person became more honest in the group it gave courage to others to move forward and explore what it might be like to share in this safe space.

We realised that each person is a valid and important member of this team of self-discovery in the game of life. Profound change has been taking place and a releasing of personal burdens that have stunted our growth.

It has been a place each week to be in touch with our human-ness and witness others be in theirs; a safe haven to explore and be in touch with our emotions, accept them for what they are without Judgment, replacing 'shoulds' with 'coulds'; a place of profound listening, a skill which we developed more in our time with each other; listening to ourselves more and to the others in the group and bringing these listening skills into our everyday life.

Each week we learned it's OK to be who we are, to be seen and to witness others just as they are. We got tools to bring us back to ourselves when we strayed, accepting ourselves more just as we are right now. We got confidence to put ourselves first and be kinder to ourselves, gradually dropping our self-critic. We learned to develop more tolerance of our own short comings and that of others.

We discovered that we are all amazing and exceptional people with life stories that shaped and moulded us to the individuals we are to-day. We came to recognise the resilience and resourcefulness that each of us has in surviving our journey of life to date, accepting more how it has come to us. We have learned many skills which we can integrate into our everyday lives to help us live our lives more fully. It has been a nourishing experience and gift to ourselves.

“Happiness is our natural state, but we’ve forgotten how to be happy because we’ve gotten lost in our notions of what things should look like. Happiness comes from seeing ourselves now as being Ok, just as we are today, without comparison to others, without reference to the way we were or the way we fear we will be”.

Elizabeth Kubler Ross.

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