

Hello Annie

It was great to meet you and I wanted to let you know I have actioned the trigger board with a young man this week, So powerful, it was power with clarity for him. I have used the self-soothing ladder, but we used a butterfly like you suggested and wow! This stuff really works! You are inspiring and your passion overfloweth with contagion! I wish I had found this training sooner and I want you as my mentor, but I guess they all say that!

I am now more excited to participate in the facilitation workshop soon. X is keen to participate as well so I hope you hear from her as we have put a joint partnership proposal through to our agencies and the informal feedback has been very positive. I have spoken to one of the schools I work at and I have promoted this workshop/program strongly. I am just loving my work now.

Take care and keep safe

Ciao Bella Donna

A&D Youth Outreach Counsellor

Hello Annie

It's me again! I have to tell you that two more of my kids have stopped hurting themselves and I haven't done the 3 day yet. Just through using the strategies and tools you gave me and thinking outside the box, I have helped to change 3 young people's lives. They really have changed too. The other kids I am working with have reduced their harmful behaviours and I reckon with the 3 day under my belt – the sky's the limit gal!

I have to thank you for supporting me too with my little calls every now and then and celebrating with me. You are so inspiring the way you break things down and explain everything, it becomes so understandable. If you know what I mean?

Take care and keep safe

Ciao Bella Donna

A&D Youth Outreach Counsellor

Hello Annie

I was so excited on the phone this morning and thanks for everything. But I do have to write it too. It is so powerful when you see the globe truly light up after months of the light being on but no one being home. It was like someone flicked the switch and he just said, "I don't need or want this shit in my life anymore"! Wow! Wow! Wow! and it's not OCD.

In the training you talked about these times and how powerful they were for both parties, you were right gal. His brother came in about half an hour ago and wants to join his brother drug free. I have been working for two years with the two lads and hoped things would change, but they weren't even at the pre-contemplation stage. Since using the self-soothing wheel hub, keeping track 1,2 & 3 and now the trigger board. Not one but both of them have contemplated!

I am so bloody excited I want to scream. Don't worry I didn't do the OMG syndrome with them. But everyone was very happy, even though they tried to hide it.

I'm going on like a pork chop. Don't care though because I know you understand Oh inspirational mentor who has such contagious passion.

You should go into motivation speaking. Probably more money in it too!

Take care and keep safe

Ciao Bella Donna

A&D Youth Outreach Counsellor