



Cathy's Story - Three Years On...

Three years on Cathy is buoyant, positive, engaged with life and above all happy.

It's nearly three years since we met Cathy through our delivery of training with City Care, Nottingham. You may remember Cathy was not in a great way. When we met her she was on the brink of being ill through stress, both at work and in her personal life.

Since the training Cathy told us she has been through a major period of change and transformation. She told us after the training"I learned that it's all right to have some time for myself, something I rarely ever did. The first thing I did was book a week's holiday and went away with my husband for the first time ever!

I decided I wasn't going to get stressed or anxious about work again. As a health professional I have always felt responsible for fixing every problem, but after this course, I now think; "hang on a minute, no you don't"; there are other people who also have responsibilities to fix things."

Now Cathy proudly tells us her default is to look for the positive in situations and people. She sings the praises of the training and advocates that we all would benefit both in work and socially. She expressed her frustration when she sees people being negative now and knows from her own journey that through choice they can become more positive.

Cathy sums up our catch up.... "The course came at the right time for me, I've never done anything that I'm still talking about three years on with such commitment! Giving myself permission gives me a sense of well being. I was so negative before, I embraced the challenge of change as a result of the training I now instinctively find something good and positive in people and situations and I'm doing that with ease!"

It was a privilege and joy to catch up with Cathy and see the legacy of her opening her choices to change and the impact this has had on her, her life and her family. Life is precious and how we manage the day to day reality is up to us.

Cathy shows us a way that enables us and her to see what is possible and what we can achieve with the right help and support.

