

# Testimonials

The selection of testimonials below is from individuals, business owners, our volunteers as well as from educators, staff, students, and parents/carers who have benefitted from the SEJ Process. Testimonials were given as feedback during or after the SEJ Process training or 1-1 session, and their permissions were obtained with confidentiality observed.

## Personal Testimonials

*"The SEJ takes you away from fear and drama into a place of simple, straightforward, personal problem-solving. The only scary/difficult thing is that it is so simple. From a world of negativity, repeating bad behaviours and pain, you can and will change your life forever."*  
BUSINESS CUSTOMER

*"I have been using the SEJ process for a health issue that caused immense pain and stiffness in my muscles. I became tired and depressed whilst taking steroids. With the SEJ process in no time, I had stopped taking the steroids and have been free of them for over two years. Using the SEJ process has made a profound change in my life. I have never felt better."*

C. BLAKEMORE – Head Volunteer for the SEJ organisation for over 19 years, this is just one of her many successes with the SEJ Process.

## University Students

*"Jacqueline Mary and the SEJ Process have undoubtedly helped me feel the most in control of my mind and mental health in my life. Her sessions were full of joy and really helped me cut straight to the core of why I carried out certain patterns of behaviour and thought. I feel completely renewed and ready to take on life again!"*  
UNDERGRADUATE 2<sup>ND</sup> YEAR UNIVERSITY STUDENT

*"This is my first year, and honestly, I am very impressed that Kingston University offers this module. I have watched the video, and it was very helpful, as I believe we really need this! Mental health is so important, especially in these new circumstances!" (covid)*

UNDERGRADUATE FIRST-YEAR STUDENT

*"Doing the SEJ worksheet made me address all the stress I had that I didn't even realise was there and helped me cope and make peace with them. I felt like I was ready to revise again, and when it came to doing my exam on Monday, I didn't feel the horrible sense of anxiety that I normally do. It was truly a beneficial experience that will help me through uni and even work life."*

UNDERGRADUATE FINAL YEAR STUDENT

*"By the end of the SEJ worksheet, I was smiling, and laughing at myself for my own thoughts, and I saw how this worksheet had changed my opinion on something so troubling to myself. It helped me get closure with the situation and motivated me to work at my goals."*

UNDERGRADUATE THIRD YEAR STUDENT

## **School staff**

*"Children learn to manage their own feelings and reactions and to communicate in a way that is healthy. The transformation in children has, in many cases - been remarkable!"-*

DEPUTY HEADTEACHER.

*"...an amazing, valuable, and essential resource in supporting us with vulnerable pupils and enabling us to provide early intervention..., has enabled pupils to develop strategies and resilience to cope with issues that are causing anxiety in their emotional lives."*

PRIMARY SCHOOL SENCO

*"I can access my own solutions to my own 'problems' immediately. This was a truly empowering realisation since I am not dependent on the availability of 'expert' assistance, and I did not need to wait to end my 'suffering'."*  
SENIOR LECTURER AND COURSE LEADER

*"...A simple, easy-to-use process that enabled me to support all my students in reaching their full potential...; I have had considerable success with the SEJ, including recently working with students suffering from the effects of exam stress."*  
PASTORAL TUTOR AT A UNIVERSITY

*"I have applied the SEJ in all sorts of life situations, including physical pain and financial worries; it healed relationships, particularly with my immediate family. The SEJ has fundamentally changed the way I experience life."*  
SENIOR LECTURER AND COURSE LEADER

## **Parents/Carers**

*"The SEJ enables me to help my daughter in guiding her towards her own solutions. As a teenager, she doesn't like me telling her what to do or giving her advice. Now she can find her own solutions with my support."*  
PARENT OF A TEENAGER

*"Applying the SEJ process to my own experience has freed me from repeating the same patterns of behaviour. It has allowed me to heal family relationships to see my children for who they are, not who I wanted them to be. This experience has given us, as a family, a truly open and loving relationship."*  
A PARENT