

14 June 2011

To Whom It May Concern

I have recently attended the ADASE Course and found it to be of great benefit to me. It has helped me to be aware of my distorted thinking patterns and manage them in a more productive way. I feel much better equipped to handle situations that arise in my life without panicking or going through so much anxiety over an issue. I can now work through my thoughts and feelings, processing them in a more balanced way. ADASE has helped me to understand myself better and opened up understanding as to what my core beliefs about myself have been which have influenced the way I think and feel throughout my life. It's been a great learning experience and I have come out of it with a different outlook on life, viewing life's stressful situations as a positive challenge and a great way of growing as a person.

I believe Mt Gambier is very blessed to have such a course available to the community and I would like to see it run nationwide in the future as more Australian's need to know the skills that are taught in this program.

Yours sincerely,

RAP