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To: Reuel Hunt; Judith Evans
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Subject: Life on Purpose

I am very impressed with the impact that the Life On Purpose training has had on the 20 participants involved. I was present for all but one of the workshops and noticed immediately that the participants learned to listen to the trainers and to each other on a deep level in a way that caused unity and worth. They seemed to have gained a sense of peace that has carried over into the environment on the pod since the first day of the training. I have noticed them using the skills among other offenders, listening and using the coaching skills they learned to help others process and realize their own thoughts rather than act out. It has caused a noticeable impact on the atmosphere on the pod.

Discovering their core values appeared to give them a focus on their behavior that is more internalized than before. It seems to have become part of them to judge whether their behavior matches the values they discovered within themselves as a result of one of the workshops. They naturally adjust their behavior to match their values.

Part of the training was discovering their saboteurs. It was amazing how easily the training helped them identify and remove the negative internal messages. I have received constant feedback of how this training lifted their burden and left them serenity. It seems to have made them more accepting of self and of others.

The Cognitive Behavioral training offered in our program has taught them many behavioral skills which they have learned well. They attempt to practice the skills like the skills are somehow out in front of them. Life on Purpose training helped them internalize the skills they have learned and moved them forward from where they were.

I have used the training to help other program participants who come to me with personal struggles. I find using the skills taught helped them process their feelings and in doing so they naturally discovered a direction that is in alignment with their core values.

I hope to continue offering Life on Purpose and believe this training would be extremely beneficial for all types of other programs.

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