

What did you appreciate most about the class?

- The opportunity to hear what others are thinking & experiencing
- Time to experience the feelings associated with changing ideas
- Casual and caring way Martha presented her knowledge√√
- the level of participation
- Martha's ability to flow with the discussion√√√
- the continuous building on one concept after another
- the insights I got about myself√√√
- focus on accepting self
- feeling of oneness
- sharing within the group√√√
- Martha's true love inspired facilitation style – it's truly genuine
- people opening up and knowing we do the work together – compassion
- letting things go√√
- Martha's loving presence
- Martha's humor
- I don't have to regret the past
- Instructor's commitment to the information
- my personal growth
- the "good/right vs. bad/wrong" exercise√√
- Martha's kind voice – I love how she said "Honey"
- every activity was great!

What did you like least about the class, and how could it be done differently?

- I would have preferred having handouts
- would have liked scheduled breaks
- would have liked more time to share in small groups
- would have liked more about finding your purpose/planning for the future
- too long
- have the coffee ready on time, and the room warm enough
- it was difficult to see from certain angles of the tables
- I had trouble with how it went back and forth between ministry & Self. √√
- nothing I didn't like√√√

Would you recommend this class to another? Explain.

25 yes's

- Martha opens up new understanding
- valuable to one's well-being
- applies to every aspect of life & interactions with others
- anyone who seeks to grow within would benefit from it √√√
- valuable for both individuals and communities
- yes to anyone seeking to understand self and the importance of self-behavior
- no more wrong or right
- especially ministry leaders/team leaders/laypersons
- we all need to examine how our past influences our present thinking
- look at things in a new way
- I learned without realizing I was learning
- I felt this was time well spent

Other:

- I love you Martha, and I love Me, too. We're the same.
- I would have liked to have learned more about how to plan for the future/move forward after releasing the past
- the marker scent was too overpowering for those of us who are sensitive
- I would take it again and again
- Thank you, thank you, thank you!!

