



# Be Free! Impact Assessment Survey Responses

27 April 2021

Collated by Freedom Works UK

Be Free, was a short leadership course we delivered to 11 residents from London, 9 from Islington, between 8<sup>th</sup> December 2020 and 27<sup>th</sup> April 2021.

The course was supported by funding from the National Lottery Communities Fund to provide a coaching programme to help individuals from Islington and London who were adversely affected by the Coronavirus Pandemic.

We conducted an impact assessment study at the end of the programme to find out exactly what impact the programme had on the participants. Out of the 11 people who took part in the course 8 answered. When they answered the questionnaire, they were not anonymous but we anonymised the answers to protect confidentiality.

There were 7 key questions

- I did the Be Free programme with Freedom Works UK because.
- What I found out about myself from the programme was.
- The result/s I produced from the programme so far.
- My Full Circle project was about. (Each participant had to take on a project that benefited an individual or a group they knew to solve a problem they had by involving their extended community without any officials getting involved, (officials could help but voluntarily).
- How did your Full Circle affect the individual or the community you were supporting?
- How did the programme affect how you want to progress in the future?
- What challenges will you now face and how do you think you will overcome those?

# Response 1

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## **I did the Be Free programme with Freedom Works UK because:**

I wanted to learn more about myself. I am a carer and have been since 14 years of age, and want to make sure that if anything changes with regards to my status that I'll be prepared for the next stage of life.

## **What I found out about myself from the programme is:**

Procrastination was something I did was what I found out. I found this out in the first lesson and realised from then that changes needed to be made straight away. I found out my strengths, have accepted my weaknesses and have worked in them, and I've found out that I can be what I want, if I want it!

## **The results I produced from the programme so far:**

I have passed several qualifications that I have been promising myself to do, all related to my at stake, and I am thanking Chris and Ken for helping the realisation of this.

I have too been able to actually do and produce results.

The course that I chose to complete, I have 2 modules left and the examination is in June. So I'm on track.

## **My full circle project was/is about:**

My full circle project is about helping to facilitate a women's African drummers group to help them take action within certain areas of their business that they need help with such as, space, advertising, social media, funding etc.

## **How did your full circle effect the community/individual you were supporting?**

It's affected the group, by them looking at their business and the opportunities that there are available with their group with fresh eyes.

## **How did the programme affect how you want to progress in the future?**

I have found all aspects of the course really empowering and I have been able to look at myself again, and what I stand for. I know that progression comes with work and coming out of my comfort zone!

## **What challenges will you now face and how do you think you will overcome those?**

Challenges are challenges and I've got to take them head on and deal with them.  
Finances is an issue, but I have faith that the work I put in will produce the financial results needed.

## Response 2

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### **I did the Be Free programme with FreedomWorks UK because**

Wanted to transform my way of living related to family business and work .

### **What I found out about myself from the programme is**

That I have been putting a lot of layers on to my way of thinking and feeling which all made me live wrongly and my actions had a negative impact into the people around me.

### **The results I produced from the programme so far**

Started taking off the layers one by one and practiced all distinctions and took action being at my AT STAKE.

### **My full circle project was/is about**

N's childcare problem

### **How did your full circle effect the community/individual you were supporting?**

She contacted and discussed with 2 ladies which brought a lot of ideas and were ready to search and help N resolving her problem.

### **How did the programme affect how you want to progress in the future?**

The program helped me on thinking differently and be brave and take ACTION

### **What challenges will you now face and how do you think you will overcome those?**

OH life is full of challenges otherwise it would be boring but after this program.I learned that things happen and you need to. Be calm and find a solution because there is always a solution. Being brave, free, fulfilled and energetic can overcome all the challenges

## Response 3

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### **I did the Be Free programme with FreedomWorks UK because**

It has helped me to gain confident, empowered, determined, encouraged and be authentic myself

### **What I found out about myself from the programme is**

To take action and enable to have experience of my possibility to be to be confident, empowered, determined, encouraged and be authentic myself

### **The results I produced from the programme so far**

Wonderful

### **My full circle project was/is about**

Is about me as a facilitator asks the recipient the individual or leader of the community group if they like to get help from their community to solve the problem. Once the leader of the group or individual accepted they have a problem solve.

### **How did your full circle effect the community/individual you were supporting?**

In order to supporting the facilitator asks the recipient to call and explain, the recipient need agree that individual have a problem and which are getting help from full circle facilitator to set up a meeting with individual in the community who is willing to help me solve their problem to come to a meeting to come up with a plan of action to help solve the problem.

### **How did the programme affect how you want to progress in the future?**

It will help me to come out with plan help support and solve problem other people who are struggling within the community.

### **What challenges will you now face and how do you think you will overcome those?**

Family , health issues or not determining

## Response 4

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### **I did the Be Free programme with FreedomWorks UK because...**

This course has allowed me think about future projects I never thought I can achieve.

### **What I found out about myself from the programme is...**

It has helped me to overcome obstacles in my life that were holding me back to move forward with my ambitions.

### **The results I produced from the programme so far..**

I am working on my website - Healing Through Art. I have overcome my lack of self-esteem and confidence and found a way of dealing with it. I set up a full circle meeting to help a friend.

### **My full circle project was/is about..**

Helping individuals in the community find new ways of dealing with stress through art.

### **How did your full circle effect the community/individual you were supporting?..**

The individual is more at ease with herself. It's her time alone away from the stress and anxiety she is going through. She finds it relaxing.

### **How did the programme affect how you want to progress in the future?..**

This program has helped me so much I cannot find words to describe it. It has been a complete game changer for me. I never thought it was possible.

### **What challenges will you now face and how do you think you will overcome those?..**

This program has touch base with me in so many things relating to myself. I have paper copies which I take myself back to. Any challenge I now face I overcome them very quickly.

## Response 5

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### **I did the Be Free programme with FreedomWorks UK because...**

During the 2<sup>nd</sup> half of 2020 I found myself in transition. I just completed working on a project abroad and was trying to figure out in what way I want to proceed with my career. Mind you, covid prevented me actually in continuing working on establishing further projects abroad. I came across the “Freedom works” advert in the Islington bulletin and I remember that the add really spoke to me. I decided to contact Ken in order to get more information. Initially the course was full but because of covid restrictions the course ended up starting on a later date and somebody dropped off, hence I got a space.

### **What I found out about myself from the programme is...**

I am the one that is stopping me from progressing in my life; whenever there is a blockage, it is because I have a belief that is limiting me and clouding my view. By having to actively confront it (doing the weekly homework that was set by Ken) I gain awareness and was able to deal with it rather than going in default mode. Setting small actions towards a goal has helped too staying focused and dealing with resistance in a practical way.

### **The results I produced from the programme so far...**

I have gained much more clarity about my strength; my likes and dislikes; an ability to stay in peace and to be okay with not knowing; to seeing circumstances and issues from a different angle; new inside about the power of our mind and the spoken word; increased faith; new coaching clients; creating “soul spa workshops”; created possibility to work with a school that I have been working for before in leadership capacity;

### **My full circle project was/is about...**

I have facilitated it around a friend of mine that got diagnosed with cancer, had a huge surgery and also had to undergo chemo therapy;

### **How did your full circle effect the community/individual you were supporting?**

It was supporting the individual person in a very practical way; by organizing a meal rota and a shopping rota. My friend was overwhelmed by the responds of friends and co-workers that gave up their time to rally around her and support her. She said she didn’t even know that she had so many caring people in her life. It has been from extreme value to here but also has shown the power of community.



### **How did the programme affect how you want to progress in the future?**

For me it's all about changing mindsets; once a mindset is changed the sky is truly the limit; There have been so many practical tools and exercises that have impacted my mindset throughout the program. I believe in lifelong learning – hence the tools and exercises are building blocks to continue to build on. Circumstances and issues will always arise and having a solid toolkit to tackle them in a way that is actually propelling me forward rather than allowing them to stop me is what it's all about.

## Response 6

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### **I did the Be Free programme with FreedomWorks UK because**

it was offered to me by my friend and colleague Ken Hettiarachi. I am interested in self development and learning new skills.

### **What I found out about myself from the programme is**

that I am an entrepreneur and that I can 'be' many different ways.

### **The results I produced from the programme so far**

I started cycling and dancing more, I offered a series of sessions for actors, conducted to full circle sessions, had check ins with my buddy. I've also interviewed/met 3 carers with a view to broadening my childcare options.

### **My full circle project was/is about**

helping my partner with marketing his light designs.

### **How did your full circle effect the community/individual you were supporting?**

It gave him a lot of ideas and information to think about from the ground up.

### **How did the programme affect how you want to progress in the future?**

I realized that I would like and benefit from always have a coach, mentor or buddy.

### **What challenges will you now face and how do you think you will overcome those?**

I may get misguided without the structure of the course as a backbone but I have a long list of stuff to be getting on with so I will focus on that in order of priority, streamlining to keep me on track.

## Response 7

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### **I did the Be Free program with FreedomWorks UK because**

I needed something to give me guidance in areas in my life where I have not been consistent, to set goals, complete goals set and a more positive outlook on things. Plus, I really needed something to do that would benefit me.

### **What I found out about myself from the program is**

I am by biggest problem and the main thing that is blocking my own progress. I also realized that I have not being all my skills/talents and grateful that I have many. I have also achieved many goals that I don't give myself enough credit for. I am a very good businesswoman who actually has 3 successful business which are ready to be watered in order to grow more, when I have the time I shall do so.

### **The results I produced from the program so far**

Tasks that I have set myself have been completed, making new targets when required, making amazing new friends, confidence, accepting my challenges, knowing where I need to work on and new strategies to deal with things in life.

### **My full circle project was/is about**

Delivering a Sound Mindfulness sessions for all parents/guardians of children within Islington through The Parent House, a charity based in Islington which needed support around mental health for their families during the lockdown.

### **How did your full circle effect the community/individual you were supporting?**

It gave them a moment of peace which helped them to feel more relaxed and not so stressed. All feedback was excellent, and they have requested another session.

### **How did the program affect how you want to progress in the future?**

It made me realize there is still much personal work to do and that I need to get more organized and complete all tasks that I set myself. I have already progressed through this workshop and looking forward to part two.

### **What challenges will you now face and how do you think you will overcome those?**

Not to get emotional about what people say or do by remembering it's only a reflection of themselves and that they don't pay my bills so who cares. Making a to do list to help stop me from procrastinating and keeping me on target.

## Response 8

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### **I did the Be Free programme with FreedomWorks UK because**

I needed to enhance my knowledge on how to achieve things especially concerning work.

### **What I found out about myself from the programme is**

that when I am guided by professionals such as Ken and Chris, I stay a lot more focused to my goals and that I am able to achieve things when I really put the effort.

### **The results I produced from the programme so far is**

I made the outline of my own session about depression and what I will discuss with the participants. I gained clarity of what I would like to do in my life, became determined on achieving it, I gave up smoking and started being my 'possibility' of being free fearless and committed.

### **My full circle project was/is about**

My cousin needed to find a paid writing job and she asked her husband to look for her in total jobs that he is working about paid writing positions and a fellow friend writer to keep on the support she was giving her as she feels very motivated by it to continue.

### **How did your full circle effect the community/individual you were supporting?**

She feels supported, more possibilities of getting a paid writing job as people are working for that when she is doing volunteering roles and she has more free time to focus on her volunteering job and getting as much experience as she can.

### **How did the programme affect how you want to progress in the future?**

I learned that I have to be my possibility first and act such as that person and create results. The programme gave me a totally new perspective on how to overcome my obstacles.

### **What challenges will you now face and how do you think you will overcome those?**

I will face the challenge of fear and uncertainty derived by getting a new job or volunteering job in mentoring coaching people and I overcome them by being my possibility every day and taking the actions as being that possibility. Also, I will apply all the other strategies practiced in the sessions.