

Sev Necati Training

PARTICIPANTS QUOTES

"Amazed at how much I enjoyed the practical activities"

"I had a self-realisation of the things I was able to do"

"I feel stronger & more confident"

"I feel inspired to continue practicing similar physical activities"

"I feel empowered & aware that this has added to my womanhood"

"I enjoyed the floor work"

"Being able to ask questions"

"I enjoyed the practical element of the course"

"I am a lot more aware now"

Email: info@sevnecatitraining.com

Sev Necati Training

"My confidence has increased significantly"

"This course has inspired me to enroll into a weekly martial arts class"

"I am more confident"

"I'm feeling stronger & also more clued up"

"Sev's empathy & passion stands out a mile. You made me feel whole again"

"I enjoyed meeting new people"

"I enjoyed learning new things"

"Sev was an excellent trainer. She engaged with everyone, made the course interesting & also fun with humour"

"Sev's knowledge & experience inspired me"

Email: info@sevnecatitraining.com

Sev Necati Training

"I have been inspired to continue with physical activities"

"I have had a realisation of my own capabilities"

"I enjoyed the strong band & friendships with the other women!"

"I now feel more confident, assertive & stronger"

"Sev's teaching style is - Great!"

"I enjoyed all the practical exercise's they were very helpful/useful & the repetition of the moves instilled it to memory"

"Sev gave me some advice during a 121 session & that was the most solid advice I've ever been given"

Email: info@sevnecatitraining.com

Sev Necati Training

"I have learnt a lot - & Sev is clearly very capable & competent" "The sense of community inspired me"

"I really enjoyed the training as this is something I wouldn't have done otherwise if I'd not been part of this course"

"I appreciated all the practical tools shared that I could use in a real case scenario"

"I appreciated the sense of community & the fact that we could all open-up & ask questions"

"Sev's inspiration & encouragement"

"I enjoyed the group discussions with a great group of women"

"I was inspired learning techniques to defend myself physically if necessary"

"The rapport created with the group & shared experiences were valuable!"

Email: info@sevnecatitraining.com