

### **Отзыв о тренинге «Мастерская общения»**

I've quite enjoyed this. I feel like it has made me more aware of my thoughts and behaviours. It also helped me realize that I'm not alone and that there are other people who feel like I do. I really liked a lot of exercises that we did. I liked everyone and how we are all different. It was fun to communicate both verbally and non-verbally. I think it has helped me become more confident and ok with being myself. Lastly I want to say thank you for being with us and teaching us a lot. I will totally miss everyone and I hope we all have fun and learn a lot more on our life journey.

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