



PERSONAL EFFECTIVENESS SEMINAR ENDORSEMENTS

"I have found WINGS Seminars to be personally powerful and to have enhanced my life personally and professionally. I have eagerly applied the knowledge and skills to my practice as an Advanced Nurse Practitioner in my Psychiatric Mental Health practice. I have confidently sent many clients to WINGS and the feedback has been always positive and the results that I see are exciting. Giving people who want to change their lives a safe and powerful place to learn and practice making powerful and lasting changes has been a joy."

*Carole Siefken ARNP, LMHC
Lourdes Counseling Center, Richland, WA*

"PES has been the catalyst for meaningful change in my life. I feel more alive and engaged. Thank you!"

*Betsy LaCroix
Program Director, Family Support*

"I started cynical, fearful and numb. I finished serene, confident and alive. My life was handed back to me. I did not believe that real transformation was possible in 4 days. That it was has made me re-assess my core attitudes. I now see a path where before there was only darkness and confusion. I see choices. Thank You!"

*Michael Taylor
Professor-Oregon State University*

"I learned so much through the seminar and through this knowledge. I feel empowered. What affected me most was ownership and in every moment I choose - I remind myself to stop - look - and choose."

Marta Sivertsen, PES Seattle

PERSONAL EFFECTIVENESS SEMINAR ENDORSEMENTS CONTINUED

"I have begun using what I've learned and have /am applying to my daily interactions. It is a life-altering experience I think and speak differently. I've caught myself beginning to revert to old behaviors & quickly made different choices. I even had a conversation with someone I wouldn't have had before - and with great results."

Theresa Soffiotto, PES San Francisco

"I feel like I'm approaching life from a different angle with better intentions, effective communication skills, and a whole new belief in myself."

Mark Mularz, PES Eugene

"My eyes were opened to my potential in this world. It starts with me."

Theresa Jordan, PES Eugene

"I went to a different seminar in 1995. It was a lot of negativity & anger. One of the reasons I had resisted Wings. Wings has been so entirely different - a loving, safe environment where I was guided to my best self. The best part is that I know I can take all this home with me and continue on this great high! Thanks!"

Tish Manley, PES Eugene

"I learned how to be more aware and connected to who I am, what I want in life and how to create it."

Matt McKinnon, PES Seattle

"I can't say enough! One of the best experiences I've had. So good to remember what's important."

Tom Gordon, PES Eugene

"This was such an exceptional experience for me. The love and trust that was built in our group is unlike anything I've experience before. Thank you!"

Chelsea Hixon, PES Seattle

PERSONAL EFFECTIVENESS SEMINAR ENDORSEMENTS CONTINUED

"PES was the best thing that has happened to me in terms of turning a corner in my life. Thank you!"

*Joe Encinas
GIS/NRIS Coordinator
Chairperson, Action Council for Employees
Gila National Forest, Silver City, New Mexico*

"This program is so very well done - well orchestrated, truly. Not one moment was wasted or spent thinking "I could be doing something else". The loving care of Kris and the assist team made it easy to get past the fear and really engage.

Laura Martinez, PES Eugene

"This course changed my outlook and my sense of life in every way. It was wonderful for me and fantastic in every sense."

Harry Zweben, PES Eugene

"This has been a phenomenal experience. I am still processing a week and a half after the seminar. My world has changed and continues to evolve."

Shelly Webb PES Eugene

"It was a fascinating personal experience that I would have not imagined I could have in 4 days. I have had past "training" (Re-evaluation, Co-counseling, Avatar). The dedication and modeling by facilitators and small group leaders was wonderful! Thank you! Thank you! Thank you!

Cliff Temple, PES Eugene

"My learning and sharing in PES has been ultimately life changing in many ways. I look forward to using what I learned in my everyday life."

Hanna Leah Hall, PES Eugene

PERSONAL EFFECTIVENESS SEMINAR ENDORSEMENTS CONTINUED

"I didn't realize I can be strong without being tough; I didn't realize how heavy I felt because now I'm light; I didn't realize I have a voice that sings and that I am a funny and joyful person - My "being" is just bouncing and I am set free!"

Amy Rooks, PES Eugene

"Everything we learned applied to my life. I can use every part of the seminar to change my life for the better. This is the most amazing seminar I've ever been to and I am urging everyone I know to attend.

Mary Ford, PES Eugene

"It was outstanding! I went in as a skeptic of both the seminar and the processes there in. However, by the 2nd day I was enjoying everything. I never thought that I could grow and become close to twelve other individuals in only four days! The PES seminar was great; and, I thoroughly enjoyed it, the facilitators and my fellow seminar brethren."

Clinton T. Cooper, PES Albuquerque

"Wow. It was so much more than I expected. Life changing. I felt so safe and true, "this is what life is about" I kept thinking. I feel more substantial and sure of myself. Also sharing the experience with my husband and (taking the seminar together) was so so special."

Annilee Durfey Hyre, PES Eugene

"PES inspired me to realize that I can create the fulfilling, meaningful and exciting life I desire. I am at choice to build the personal and professional relationships that are most important to me. I've learned to live fully in the present and savor the sweetness of life."

Vito DiMaio, PES Eugene

"These skills are so important and relevant to every moment of my life. The difference in my energy level and my relationship to others and the physical world when I use my new skills is astonishing. I feel happy and alive in a way I haven't felt in years."

Elizabeth Lewis, PES Eugene

PERSONAL EFFECTIVENESS SEMINAR ENDORSEMENTS CONTINUED

"This was the most profound experience of my life to date"

Kim Shelby, PES Eugene

"This was the best experience of my life!"

Jessica Smith, PES Eugene

"I saw and experienced events and transformations that will change my life forever."

Becky Salmon, PES Eugene

"I learned more effective skill in your PES than multiple years of counseling. If my partner and I had the benefit of this training years ago it would have changed our lives. Thank you."

Tom Beck, PES Eugene

"It was very much a spiritual experience-a releasing of old baggage that had accumulated over the past several years. It was a chance to focus completely on my issues, which led to becoming more aware of what I need to focus on the most at this time in my life."

Linda Meier, PES Eugene

"I feel like I have left the seminar as the same person but with a complete different view of the world and myself. I feel much more confident and joyous. I loved the experiences, particularly meeting and learning from the amazing group of people in the seminar. I learned that life can indeed be magical!"

Lilliam Torres, PES Eugene

"I found the seminar to be a respectful, engaging experience. I learned about myself as an individual, parent, husband, and community leader. I have been able to use the content, learning and new perspectives in my daily work and as a way to improve my personal relationships."

*Tom Ruhl, PES Eugene
Professor, Lewis and Clark Grad School*

"It was an exciting, challenging, experience that provides a solid structure in order to build the life I really want. Everyone should do PES!"

Sander Nelson, PES Eugene