

May 21, 2014

A REPORT ON THE EFFICACY OF TOM LITTLEWOODS WORKSHOPS AT WELCOME HOME  
ADDICTION RECOVERY ACADEMY

Tom Littlewood from Dan's Legacy (a non-profit organization dedicated to working with abuse and addiction issues with youth and families) presented five workshops that taught students how to develop realistic five year plans. The students were given homework assignments that allowed them to understand how to make their goals achievable and satisfying. The students took this assignment very seriously and were elated with their results. It was encouraging to see them truly understand how a realistic five year plan could contribute to changing their lives.

Each workshop gave information and tools that were pragmatic and very realistic. Tom emphasized how progress in life doesn't occur willy-nilly but in a well thought out process. He focused on teaching visualization and actualization techniques and made the concepts very understandable to the students. Tom has thorough knowledge and understanding of the topics he discusses, and readily engages the audience. This writer witnessed two workshops and was very impressed with the way Tom talks about his past and how he overcame the obstacles that life presented. On numerous occasions the students mentioned how inspirational Tom was to them.

Feedback from the students was very positive and they appreciated the way Tom related to them and engaged them. Some students said it would have been nice if Tom could have personally reviewed all the five year plans but time constraints didn't allow this. One student said he didn't realize how important five year plans were, and now had new hope for his future.

Tom also conducted one-one counselling sessions with one student who was displaying very negative thoughts. Tom gave him the tools to successfully change his negative thinking patterns and then change his behavior. Tom is an excellent presenter and uses very relevant stories and examples from his own life and people he has known. We would gladly have Tom back for other workshops.

Michael Dressler

Senior Program Director