

## This *Getting Ahead* Class was Written Specifically for Me

I received an email from one of our clients who completed *Getting Ahead*. I thought you might appreciate her comments, so I'm passing them along (with her permission, of course):

"Anyway, here are a few of my thoughts. I have learned that not having the solution to the problems facing me, and asking for help, was not admitting failure or giving up control. I knew where I needed to be, but I didn't know how to get there. The *Getting Ahead* course has shown me areas of my life where I have sabotaged obtaining my goals without even realizing it.

BCOC has given me the support and encouragement I need to admit that I can't fix everything overnight, that it's okay to say no or to take a step back and breathe, and that accepting help does not make me a less of a person.

I have learned so much in these classes that I never learned in high school, college, or even 34 years of living. I think this is a class that should be taught to everyone. Not only did I learn why certain choices I made affected aspects of my life that I would have never connected, it also taught me how others view me and how to change that view to my benefit.

I can't begin to stress how strongly I feel these classes will benefit anyone who takes them. I left many nights amazed at what I'd learned and how it seemed obvious that this class was written specifically for me."

After I read these comments, all I could say was, "WOW!" I hope you find these words just as encouraging as I did. It is so energizing for me to facilitate *Getting Ahead* and provide training in *Bridges Out of Poverty*. So far, I have presented the *Bridges Out of Poverty* training to approximately 75 people in our county; future training dates have been scheduled. Thank you for providing such great material. You have provided a whole new perspective, giving meaning to the work that I do. I can't thank you enough!

Tammy B. Schoonover, ACSW, LSW  
Circles of Opportunity Director  
Quakertown, PA 18951