

# WDC Champions Testimonials

## Feedback Provided by Champions after the Training:

✚ “Just a short note to say thankyou for yesterday- it was such a well presented day and most informative and enjoyable. We will give it our best shot at Rotary. Please pass on my appreciation to the others.”

✚ “Thank you again for the excellent WDC training program delivered by your good-self and the WDC Team.

Further to the written program feed back I provided on the day of WDC Training, may I offer the following observations:

a) It is my understanding that WDC program is the first Rotary program developed and delivered to care for the health and wellbeing of individual Rotary members.

Rotary programs are usually developed and delivered for the benefit of communities beyond the Rotary membership community;

b) Whilst Rotary members will be the prime beneficiaries of the WDC program, the secondary beneficiaries will be Rotarians families and friends who, in due course, will be influenced and encouraged to embrace the WDC approach to lifestyle.

Congratulations Samar and the WDC Team!”

✚ “We also need to congratulate you and Samar, and all the others involved in the project. You delivered a well prepared, informative and achievable program. We hope we can rub this off to fellow Rotarians. My hope is that we can eventually roll this out to our community.”

✚ “Thanks for a great day and the professionalism of the team that has put this together in layman terms so that everyone can follow and put into practice. I sowed the seed on Monday night with our group as we had a family night and had a great response. I believe that we can make this work with participation in one way or another of 100% of the club people.”

✚ “On a personal level I am pleased to advise I have personally already lost two kilos and changed some aspects of my living style to remove visceral fat permanently.... an interesting journey. Thank you all for the opportunities to live better / hopefully longer...”

- ✚ “I thoroughly enjoyed Saturday’s session and look forward to a successful program.”
- ✚ “A well conducted training seminar - it helped set me up to deliver the message.”
- ✚ “Enjoyable day, willing to spread the word amongst fellow members and hopefully some of them will come on board and that will encourage others to give it a go.”
- ✚ “Excellent knowledge base has been transferred / Awaiting extra information on web-site!”
- ✚ “Increased my confidence levels in promoting and presenting the challenge.”
- ✚ “Thank you Samar and the WDC team for a brilliant, informative, interactive program and for the excellent port folio of WDC support materials.”
- ✚ “Comprehensive program - very well presented.”
- ✚ “Enjoyable and insightful - excellent. Thanks.”
- ✚ “I congratulate all concerned in the program. It was excellent.”
- ✚ “Thank you Samar for putting me on the spot and encouraging me to take this on, on behalf of my club.”
- ✚ “Increased my confidence levels in promoting and presenting the challenge.”
- ✚ “Very informative. Definitely look forward to other club's feedback sessions.”
- ✚ “Very well run, excellent handouts. Fantastic job!”
- ✚ “Keep up the great work.”
- ✚ “A great session. A combination of laughter and learning with fellow Rotarians.”
- ✚ “Thank you all for a great day.”
- ✚ “Very good course – can’t wait to get started!”
- ✚ “Well done and congratulations on your initiative.”
- ✚ “Motivational techniques for us as facilitators will make our task easier.”
- ✚ **“Thank you for saving our lives.”**