

Ask. Listen. Learn.

Conversations that Matter

Do you See Me?



Do You Hear Me?



Do I Matter?



PARTICIPANT TESTIMONIALS

“You gave me a safe space to talk about my pain. Without judgement, but with empathy, I could talk about my cruel life events with you. I have healed a lot of the pain, therefore, not perpetuating the cycle of abuse in my life. When we talked, your questions allowed me to respond from my healed place and not from my imperfections or areas where additional healing is still needed. You didn’t break open a wound for it to bleed again but kept the protective bandage on... and just peeked at the wound.” Rumi

~ Trisha, Washington State

The interview helped me realize all of the hurt I held in over the years due to my mother’s drinking and verbal abuse as a child and how it has affected me in my adult relationships.”

~ Marjorie, Philadelphia, Pa

“What I got as a payoff was the clarity of where I have been and what I have endured and knowing I am still standing after all that. Sharing “my story” not only made it more real, but it also made me realize all the lessons I have gained.

This is truly a great forum for people to express themselves. You have your own experience after sharing things that you have not shared with others at this level. Having a conversation like this is the beginning of the recognition of what is going on and the beginning of the healing process.”

~ Claudia, San Francisco, California

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"I wanted to get out of my comfort zone. I learned that I really do need to start socializing more, regardless of how I may feel about myself or my anxiety problem will just get worse. I've gotten better at self-care! I realized that if I keep waiting for the boys to be easier to manage that I was teaching them I'm a permanent door mat. I've been doing my work outs daily. I have also started to work on talking to people more. I still have a long way to go. But progress doesn't happen overnight. These conversations are important. I think it's amazing how much you have accomplished on your project. You are truly inspiring!"

Dawn, Darby, Pa.

It was good to be heard, recognized and respected for rising above. In other words, I felt appreciated. The takeaway is a reminder that I'm pretty resilient and awesome. The key is to remember I'm awesome!"

~ Elizabeth, State College, Pa

"The value was in knowing I wasn't alone. Having a conversation about real life events, with real people who suffer real life events. In sharing parts of my story. I was able to parts of myself that always get pushed down and not acknowledged. It made me feel like I was being heard and seen as a person. The insight I gained was incredible! We all want to be validated and thank you, I was!

~ Mika, Sydney Australia

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"What I got out the interview was courage and strength. It made me reevaluate my life. What were the things that made me who I am. It made me think about my life. I thought about the things that I use to enjoy like dancing and how I was so consumed with being a mother and wife that I forget what made me happy and how I am much more than just a mother and wife. I love looking back at my Conversation now. It made me cry hearing myself tell my story because this was the first time I'm actually being heard. Thank you so much for supporting me. I started writing a book that night called "Lost Voice" and I am dedicating to you!"

~ Niakerria, Philadelphia, Pa.

"It gave me the chance to express a lot about my life which helped in letting go of the past."

~ Stacey Philadelphia, Pa.

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~ Mika, Sydney Australia

"I don't think I gained much from doing the interview, but it did show me how open I am with sharing my story. I never did that before. It did make me more aware of how I did overcome a lot of challenges."

~. Kernie, Philadelphia, Pa.

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"Things that I didn't realized about myself came out . I tried therapy before. I left as I was uncomfortable. This conversation was different. After the interview, I was mindful about how I spoke to my child. I wrote out a list of goals.

I have been thinking about the Conversation since I left. I gained a lot from it. Honestly I knew that all women experience the same issues, but just talking to you let me know that you and I have gone through similar stuff - that gives me hope!"

~ Sharandall, Yeadon, Pa.

"The conversation was very insightful for me! I was able to just talk about events without the pressure of judgment, which I think is super important. I think the benefit of having these conversations is that it allows someone to really take a look at their own actions/events and kind of reflect on what happened. I think that's one of the biggest pieces of the puzzle of life. Being able to look back at yourself without judgment and try to understand your choices and THEN move forward ."

~ Rowan, California State

"The conversations absolutely helped me because it made me not feel alone in what I went through. It made me not feel like a failure because I made some bad choices. I also think the genuine and openness of it was very refreshing; someone just taking the time to listen in a world where we are all so busy was also amazing. I feel like many people could benefit from these Conversations because they would know they are not alone and that someone cares. That feeling you have support means so much more than anything else, it's really priceless

~ Norma Jean, New Jersey