

What Others Have Said

Participants from previous
Third Act Transition Programmes.

"I really enjoyed the programme which we completed yesterday 27 November, 2018. It was thought provoking and provided a great opportunity for self reflection and the setting of future goals. I thought the open discussions, exercises and your excellent facilitation of the programme greatly enhanced the impact on all of us, as was evident from the comments from all the participants at the end yesterday. (Colm)

"It would be hard to find a safer or more comfortable place than Ed's course as you witness your life unravelling before you in preparation for what lies ahead. The course creates the perfect platform for transition into what should be a new and most exciting period of our lives . No advice and no "shoulds" are offered: the only ones with the answers were ourselves, but exploring it with others, who were all in the same boat, gave us a confidence that made us feel anything was possible. Ed is a great facilitator, unobtrusive, full of knowledge and great fun". Jim Blake

"Following a Diploma Course in Logotherapy, the philosophy of Viktor Frankl, TATP was a very logical and practical extension for me of that thinking. The synergy created by Dr. Ed Kelly as facilitator and the energy and empathy of the participants created for me a really powerful force for radical thought and most importantly, change of behaviour. I found the course to be extremely practical in orientation. Although the suggested readings were diverse and many, the focus was always on specific actions for change and I found this aspect particularly different and motivating." Ray

"The course is great place to meet like minded people where you can discuss personal issues in confidence and hopefully come up with solutions."

"The programme helped me discern, with great clarity, what I am drawn to do next. I am now on a new journey and very excited by the prospect of where it may lead." Gerald

"I attended the Third Act Programme earlier this year. On joining the programme I will admit, I was confused and a little concerned about where my 'Third Act' was going to bring me, as there was no light at the end of my 'Tunnel'. Working with the other attendees of the programme under the un-intrusive but very watchful eye of Dr

Edward Kelly, who regularly posed some very straightforward questions, assisted with common sense 'self questionnaires', not alone did I find my way through the 'Tunnel' but I realised that there was more light at the end of the 'Tunnel' than I had from the beginning. Such was my enjoyment with the programme, I intend to revisit the programme again in the near future so that I can further expand on my new journey of life". Tony

"I enjoyed the course and worked and reflected on myself and towards the future. I found it challenging at times and it took me some time to get down to writing in the Journal, doing homework etc. I hope to continue completing the Journal. The lunch each day was a nice ending to the sessions and allowed us all get to develop relationships. It is good that we will be meeting up in November and that we have contact details. They were a lovely group of people". Seamus

" I have really enjoyed participating in this programme. The journalling exercise enabled me to think clearly and for the first time in my life I feel I am making a really good choice about my future. I look forward to a busy summer's reading from the long list of books you have mentioned during the programme. I'm so grateful to you for introducing The Third Act Transition Programme and I award it full marks 5 out of 5." Siobhan.

"can I take this opportunity to sincerely thank you for facilitating the meetings and indeed to all those that attended, for their openness, personal contribution's and indeed their support, which greatly assisted me make my mind up on how I intend to commence my third act" Tony

"Great day today and really got a lot of good from your Act .It helped me focus on what's important and provided a very good base camp for ascending new heights in my life". John

"My involvement in the Third Act Programme brought me through a process where I met my first and second act head on and examined in great detail the person I had become as a result of those years. I then headed into a wilderness searching for my new identity. Finally I returned from the wilderness, back to myself , and the final stage of the process helped me reintegrate my new identity with elements of my old one. I am still on my journey but I now feel grounded and not "up in the clouds". I feel curious and excited about what the future may hold. I feel a great sense of adventure as I plan for my future – my third act. I may not have bought a new car in that car show room that day, but turning over the Irish Times and seeing the advertisement for the Third Act Programme, as I waited to speak to a salesman, was the beginning of me finding a whole new meaning and worthwhile purpose for my

life. The word “retirement” is no longer in my vocabulary. I am very grateful to Ed for facilitating each session in such a way that all of us in the room were enabled to do this at our own pace.” Therese

“If you could export this, you could change the world” (David Meeker, CEO Genzyme)

“I think you are on to something here. This programme’s time has come” (Kingsley Aikins, CBE)

Other comments from participants.

“This really worked. Sufficient time was allowed to determine what was important”

“I thought the structure and content was excellent”

“I now know what the Third Act is; when there is no one left to blame”

“It really helped in focussing me on what’s important. I needed the kick in that direction”

“It has brought about a fairly radical change in my life”

“It gave me key insights and focus for the next phase of my life”

“ Doing it with others was really important for me”

“It has helped me become more aware of myself”

“It has deepened and enriched my experience which was sweetened by the support of others in the group”

“It has given me a clearer perspective on the future. I’m also now more

open to the spiritual aspects of well being”

“It has reinforced the commonality and value of experience”

“The programme was great. I am at an ideal stage to benefit from it”

“It has provided reassurance that as a collective we are all looking for ways forward”

“I am much more aware of who I am now”

“I am more reflective, less likely to respond so quickly”

“As we progressed, I saw the opportunity to live a deeply fulfilling third-act”

“I’d been going to the self-help section of the book shop for about 25 years, but it wasn’t until I came across this Third Act that things really started to make sense for me”

“I gravitated to the Third Act perhaps unconsciously looking for a nurturing space where I could reflect on all the changes in my own life” (Deidre)

“Learning from everyone in the group and really valuing being in a community”.

“The whole idea of The Third Act has had a significantly provocative effect on me”

“Why change? The Third Act Elder Tales give us some clues”

“The importance of creative & right brain thinking in the context of rewiring & the transition journey”.

“Not measuring The Third Act through Second Act Measures”

“The Reflection exercise, on my own previous journeys through transition at various stages in my life allied to and in the context of the transition maps (Fischer, Kelly, Bridges) was very beneficial”