

Feedback Report for Building Resilient Workers – Newcastle 2016

Feedback from the end of course evaluation form

		Course feedback	Percentage
No. of participants		13	
Length in days		1	
No. of completed evaluations		13	100%
Expectation?	Yes	12	92%
	Partly	1	8%
	No	0	0%
Level of training	Too High	0	0%
	Just Right	12	92%
	Too Low	1	8%
Facilitators Attitude - Poor	1	0	0%
	2	0	0%
Okay	3	0	0%
	4	1	8%
Great	5	12	92%
Facilitators Knowledge - Poor	1	0	0%
	2	0	0%
Okay	3	0	0%
	4	0	0%
Great	5	13	100%
Way the workshop was run - Poor	1	0	0%
	2	0	0%
Okay	3	0	0%
	4	2	15%
Great	5	13	100%
Handouts	Not enough	1	8%
	Ok	4	31%
	very useful	8	62%

Key outcomes

- 92% of participants thought the workshop *achieved what they expected*.
- 92% of the participants thought the workshop was pitched at the right level.
- 100% of participants reported the facilitator's attitude was *very good to great*.
- 100% of participants reported the facilitator's knowledge of the subject was *very good to great*.
- 100% of participants reported the way the course was run was *very good to great*
- 62% of participants who completed evaluations reported the handouts were very useful

Qualitative feedback

Has the training program covered what you expected? If partly or no, why?

- I thought it would be more for supervisors building resilience in workers however a lot of the content can be used for this

What topic/issue has been the most important for you?

- Mindfulness * 3
- Self-care * 2
- Encouragement to think about mindfulness and related strategies to manage stress
- The Third Space * 5
- Nature – Youtube
- To understand the need for self-care in my job; to think about how to identify and put in place the strategies to achieve this
- Reflect, rest, reset, 3rd space
- Building team/ self resilience; recognising stress in self; strategies for resilience building
- Understanding the core competencies in the caring profession. Understanding about compassion fatigue; developing self-care plan; taking these skills to support team and myself.

What topic/ issue has been the least important for you?

- None.
- n/a
- Personal ratings of self-care – a bit too many
- All relevant and useful
- Boundaries
- All good, thanks * 2
- Neuroplasticity of the brain as I have learnt about this before

What impact will this training have on your work?

- Develop real strategies to use in the workplace
- Taking time for me; leading by example
- Most important message – create time and space to refuel and facilitate others to do so
- Can use as a basis to develop resilience in the workplace
- Positive workplace improvements
- Just to bring this back to my thinking
- There are some practical strategies that can be implemented immediately and introduced to staff
- I will try to reflect to help staff implement strategies. Also 3rd space can be used when I can
- I will implement with self and team; looking out for others
- More focus on my own self-care strategies, not just encourage in workers
- Good reminder and some practical strategies
- I will use strategies to build a resilience team
- This came at a perfect time for me as I take on a new role as a team leader. I feel more confident and have more tools now to build the team and their/ my resilience.

Any other comments about the training course

- It would be good to have a little more focus on developing resilient teams
- This is one of the best resilience workshops I have done in a while
- Thanks
- More strategies to encourage support of others with their self-care
- Enjoyed the day and that is the best way to learn
- Fantastic course; many thanks

