

Feedback Report for Building Resilient Workers – Canberra, Friday 9 September 2016

Feedback from the end of course evaluation form

		Course feedback	Percentage
No. of participants		16	
Length in days		1	
No. of completed evaluations		15	94%
Expectation?	Yes	11	73%
	Partly	3	20%
	No	1	7%
Level of training	Too High	0	0%
	Just Right	15	100%
	Too Low	0	0%
Facilitators Attitude - Poor	1	0	0%
	2	0	0%
	Okay	3	7%
	4	2	13%
	Great	5	12%
Facilitators Knowledge - Poor	1	0	0%
	2	0	0%
	Okay	3	0%
	4	2	13%
	Great	5	13%
Way the workshop was run - Poor	1	0	0%
	2	0	0%
	Okay	3	2%
	4	5	33%
	Great	5	8%
Handouts	Not enough	3	20%
	Ok	7	47%
	very useful	5	33%

Key outcomes

- 73% of participants thought the workshop *achieved what they expected*.
- 100% of the participants thought the workshop was pitched at the right level.
- 93% 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*.
- 86% of participants reported the way the course was run was *very good to great*
- 33% 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?

- Time too short
- Thought it was for managers (my mistake)
- Would have liked more on vicarious trauma and compassion fatigue

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

- Mindfulness/ what to offer my staff
- Organisational Vs personal responsibilities
- Culture, that resilience is big but the tools can be small
- Assessment for managers
- Self-care as a protective attitude
- Self-care and preservation
- Mindfulness
- All good
- Self-care and risk management
- Team self-care
- The concept of self-care was new to me, I've never heard of it but I think it is a really valuable practice to implement within my workplace
- Risk assessment tools

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

- None
- n/a
- n/a
- Mindfulness
- Nil
- N/a

What impact will this training have on your work?

- A lot of impact on how I can manage my workload
- Unsure at present
- A lot of it I generally know, but there were lots of practical tools I'll take with me
- Seek more feedback from staff members
- More self-care
- Keep thinking about supervision
- Being aware of self-care more and celebrating achievements
- Yes
- Try to fit in "me"
- Still thinking about it
- Will speak to my manager about more reinforcement towards staff and check-ins with staff. More support around debriefing
- Consider content in developing/helping staff develop self-care plans
- It will completely change the way I work, self-care will become a priority
- Will be able to share knowledge with my committee

Any other comments about the training course

- Thank you, it has been very beneficial
- More moving needed and overview needed
- Not enough handouts on mindfulness