

Feedback Report for Core Values Therapy - Canberra, Tuesday, 25th July 2017

Feedback from the end of course evaluation form

		Course feedback	Percentage
No. of participants		20	
Length in days		1	
No. of completed evaluations		20	100%
Expectation?	Yes	14	70%
	Partly	3	15%
	No	3	15%
Level of training	Too High	1	5%
	Just Right	16	80%
	Too Low	3	15%
Facilitators Attitude - Poor	1	1	5%
	2	0	0%
	Okay	3	15%
Facilitators Attitude - Good	4	8	40%
	Great	5	25%
	5	10	50%
Facilitators Knowledge - Poor	1	1	5%
	2	0	0%
	Okay	3	15%
Facilitators Knowledge - Good	4	2	10%
	Great	5	25%
	5	16	80%
Way the workshop was run - Poor	1	1	5%
	2	3	15%
	Okay	3	15%
Way the workshop was run - Good	4	6	30%
	Great	5	25%
	5	9	45%
Handouts	Not enough	7	35%
	Ok	6	30%
	very useful	7	35%

Key outcomes

- 70% of participants thought the workshop *achieved what they expected*.
- 80% of the participants thought the workshop was pitched at the right level.
- 90% of participants reported the facilitator's attitude was *very good to great*.
- 90% of participants reported the facilitator's knowledge of the subject was *very good to great*.
- 75% of participants reported the way the course was run was *very good to great*
- 35% of participants who completed evaluations reported the handouts were very useful

Qualitative feedback

Editorial: This was a very large group, if not too large. Lots of learning involved –good and challenging. Some of negative comments were addressed with people after the event.

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

- It didn't feel like a model as such, more of a concept. Bit more research base could have helped
- I would have liked to see the model, discuss values, then explore how to use this as a tool with clients
- Missing some info on identifying and definition of values
- This is not new information, there is no key or answer. Please stop trying to tell people that you have the magic answer.
- Probably being 1-day it seems to just touch surface
- I don't have the counselling experience
- Why was model not unpacked and explained till late in the day?

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

- How to apply in practice
- Influencing approaches
- Lots of examples were good
- To change how I listen to a client
- Values influence our actions, breached values hurt us and affect us
- None
- Reaching into unconscious values driving emotions, the self discovery
- All good and interesting
- The therapy in practice was very useful
- Finding my core value
- Experiential focus- having a go at finding my own core value-powerful
- Mirror- breaching it
- Finding the core value, mirroring it and how to include in session
- Very straight forward pinpointing the values
- How to discover the core values of others and allow them to identify and embrace them
- Unpacking the core values, understanding the impact this can have if/when core value is realised
- How values impact our wellbeing. The scales- from others, for others and for me
- Trying to find out more about the model

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

- N/A x3
- Group table work- worried about causing harm, using this tool in an uncensored way (inexperience)
- Being too expert in clients lives
- Participants sharing intimate problems to find their CV- not done safely
- Finding just one core value rather than several influencing values
- All
- While I value the illustrative examples/case studies I needed the step by step process explanation before trying to practice on others
- 3:30-4pm a bit all over the place. Maybe a few too many anecdotes
- Love languages and Maslow's hierarchy because I have heard it many times before
- None it was all good
- All good
- N/A- all good/ important as they relate to CVT
- All the 'case studies' or strategies from before. I'd rather the time spent in the room
- Hearing presenter talk constantly about his work

What impact will this training have on your work?

- More confident to inquire about values
- Value- awareness
- Good reminder to listen differently
- Give me another tool
- I will give it a go but am still unsure about identifying one core value
- None, where was the framework? Too many stories
- Unsure, I think it might be useful in some cases
- I will think about the content and read the book. Probably a slow learn as I am not a counsellor.
- New way of listening
- Understanding that core values colour peoples reaction to life
- I will try and incorporate it into my own business
- It will add into my toolbox and enlighten by active listening skills
- Curiosity increased-values- the essence of it
- Will be able to use CVT with clients in some way
- Not sure yet
- More clarity and purpose
- I'm curious and keen to support future studies and research
- More value personally rather than professionally
- I will listen out for situations in which it may be useful to the client
- Difficult to say...with very little knowledge of the model at the end of the day, sadly

Any other comments about the training course

- Thank you
- Handouts would have been more useful, feels like it needs a bit more work
- Please don't call women girls or ladies, we are women
- Safety of participants is very important and I think this could be done better
- Slides were basic and there were no handouts of models
- More discussion about a definition of a value (vs. belief)
- Liked identification and use of Maslow's hierarchy of needs, I often work with people who require assistance in physiological needs.
- I think you were a little too spontaneous and sometimes a bit more direction would have been good e.g. groupwork in groups of 3-4 s everyone got a turn.
- Too much staring from participants can be emotionally dangerous
- Women are generally not called females, it dehumanises us
- I'm upset I let me company pay for this
- I think the steps as a separate handout would be useful
- I do prefer more framing for exercises to ensure safety and clear process
- More interactions and asking questions. Input from participants would have been good
- Did not have all slides in book- the graphical representation would have been useful
- Great day, thank you! Keen to learn more
- Misspelling as in hear instead of 'here' on page 1 of paper, principals instead of 'principles' and iceburg instead of 'iceberg'
- Come again!
- A two day course would be good, less intensive over two days
- Thank you very much David!
- Curious about training, felt like a taster
- Interested to read the booklet and hopefully understand more
- Great facilitator and great personality
- Thanks David, marvellous
- Two days would be good to get more practical with the course- maybe add a

competency evaluation at the end of the course

- Re-think the workshop, model up front and work with it during the day
- If using video, make sure it is loud enough to hear