

Feedback Report for Elevate Your Wellbeing- Ettalong Diggers August 2019

Feedback from the end of course evaluation form

| | | Course feedback | Percentage |
|--|--------------------|-----------------|------------|
| No. of participants | | 12 | |
| Length in days | | 1 | |
| No. of completed evaluations | | 10 | 83% |
| Expectation? | Yes | 8 | 80% |
| | Partly | 1 | 10% |
| | No | 1 | 10% |
| Level of training | Too High | 0 | 0% |
| | Just Right | 9 | 90% |
| | Too Low | 1 | 10% |
| Facilitators Attitude - Poor | 1 | 0 | 0% |
| | 2 | 0 | 0% |
| | Okay | 3 | 0% |
| | 4 | 2 | 20% |
| | Great | 5 | 80% |
| Facilitators Knowledge - Poor | 1 | 0 | 0% |
| | 2 | 0 | 0% |
| | Okay | 3 | 0% |
| | 4 | 3 | 30% |
| | Great | 5 | 70% |
| Way the workshop was run - Poor | 1 | 0 | 0% |
| | 2 | 0 | 0% |
| | Okay | 3 | 10% |
| | 4 | 4 | 40% |
| | Great | 5 | 50% |
| Handouts | Not enough | 0 | 0% |
| | Ok | 0 | 0% |
| | very useful | 10 | 100% |

Key outcomes

- 80% of participants thought the workshop *achieved what they expected*.
- 90% 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*.
- 90% of participants reported the way the course was run was *very good to great*
- 100% 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?

- Better than expected!!!!

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

- Five second rule, emotional allergy
- Mindfulness
- Health and values
- Nutrition and fitness
- Action planning
- The scientific basis and reasoning explained
- Nutrition and exercise
- Values discernment
- Goals, mindful eating, Brene Braun clip

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

- None?
- Relationships
- They were all of equal importance
- The oversupply of eclectic quotes which were not examined but may prove to reinforce what was covered

What impact will this training have on your work?

- Consider techniques and tips presented
- More self-care
- It will support me to use self-care practices in all areas of my life
- Very supportive
- I will read and use the resources and pass onto my family
- Be more mindful- reflective
- Uncertain: the status quo is still attractive though the necessity of change is obvious
- Greater motivation to make my self-care happen

Any other comments about the training course

- Enjoyable, thanks!
- Very useful
- Thanks for the preparation, materials and care
- Many thanks!
- Well worth the time