

Feedback Report for Elevate Your Wellbeing- Wyong November 2019

Feedback from the end of course evaluation form

		Course feedback	Percentage
No. of participants		12	
Length in days		1	
No. of completed evaluations		12	100%
Expectation?	Yes	8	67%
	Partly	3	25%
	No	1	8%
Level of training	Too High	0	0%
	Just Right	8	67%
	Too Low	2	17%
Facilitators Attitude - Poor	1	0	0%
	2	0	0%
Okay	3	0	0%
	4	1	8%
Great	5	11	92%
Facilitators Knowledge - Poor	1	0	0%
	2	0	0%
Okay	3	2	17%
	4	1	8%
Great	5	9	75%
Way the workshop was run - Poor	1	1	8%
	2	1	8%
Okay	3	1	8%
	4	4	33%
Great	5	5	42%
Handouts	Not enough	1	8%
	Ok	3	25%
	very useful	8	67%

Key outcomes

- 67% of participants thought the workshop *achieved what they expected*.
- 67% 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*.
- 83% 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*
- 67% 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?

- Content didn't relate to wellness
- Imagined more practical tools but enjoyed exercises
- More strategies

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

- How to nourish myself
- Got something out of all topics covered
- Yes
- Goals/Values
- Resources
- Values
- Gratitude and intention
- Tips to better focus on the present
- Self-care strategies

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

- They were all important
- Switching off
- Relationships
- None

What impact will this training have on your work?

- So much, setting goals
- Nil
- Work with intention professionally and personally
- Some good tips and strategies

Any other comments about the training course

- Thanks so much
- Disjointed, not organised
- Great thanks
- Enjoyable, thank you