

Feedback Report for Elevate Your Wellbeing- Wallarah Bay 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 | | 12 | 100% |
| Expectation? | Yes | 7 | 58% |
| | Partly | 5 | 42% |
| | No | 0 | 0% |
| Level of training | Too High | 0 | 0% |
| | Just Right | 10 | 83% |
| | Too Low | 1 | 8% |
| Facilitators Attitude - Poor | 1 | 0 | 0% |
| | 2 | 0 | 0% |
| Okay | 3 | 0 | 0% |
| | 4 | 4 | 33% |
| Great | 5 | 8 | 67% |
| Facilitators Knowledge - Poor | 1 | 0 | 0% |
| | 2 | 0 | 0% |
| Okay | 3 | 0 | 0% |
| | 4 | 5 | 42% |
| Great | 5 | 7 | 58% |
| Way the workshop was run - Poor | 1 | 0 | 0% |
| | 2 | 0 | 0% |
| Okay | 3 | 0 | 0% |
| | 4 | 5 | 42% |
| Great | 5 | 6 | 50% |
| Handouts | Not enough | 0 | 0% |
| | Ok | 2 | 17% |
| | very useful | 10 | 83% |

Key outcomes

- 58% of participants thought the workshop *achieved what they expected*.
- 83% 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*.
- 92% of participants reported the way the course was run was *very good to great*
- 83% 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 work focused
- More around mediation than self-caring I thought
- No expectation
- Different topics than expected but useful

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

- Mindset and mindfulness
- Mindfulness
- Emotional allergies
- Emotional allergies, 5 seconds
- Forgiveness
- Goals
- Emotional allergy and process, 5 second
- Allergy triggers
- Forgiveness
- Relationships, core values

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

- None
- Meditation
- Meditation
- None
- Activities
- Values- already got that covered
- N/A

What impact will this training have on your work?

- To be mindful and assist my clients to look at ways to make changes
- More mindful of self
- Informative, time out and reflection
- Improved selfcare, improved work performance
- Affirms that what I am doing is useful
- Personal goals and values clearer
- Being the change that I hope for others
- It will highlight importance of wellbeing and hopefully give strategies
- Continue to value my wellbeing and self-care through personal growth
- Works hand in hand with other development I've undertaken

Any other comments about the training course

- Thank you
- Thank you
- Fab!
- It was a great bonding and learning day for staff
- Thank you