

**Evaluation (Summary) from 10/11/2023 – 13/09/2024 7 Sessions of Resilience Workshops + 1 session of Confidence Workshop run from the Living Centre and 1 Resilience Workshop hosted by KX Recruit at KX Recruit  
Resilience – A mindset free of constraints workshop/coaching session**

**We value your feedback on this workshop/coaching session so that this workshop can be made even more effective.**

**1) Please give a rating from 1-10 based on how useful the session was to you in helping you to deal with your issue/s, circumstances and conditions freely? \_\_  
(1 - completely useless and 10 - very useful)**

35 participants responded, the average score was average 8 out of 10

**2) Please give a rating from 1-10 based on your assessment of how the session today was conducted by the session leader/presenter (Kenneth)? \_\_\_\_\_  
(1 - completely useless and 10 - very good)**

35 participants responded, the average score was 8.5 out of 10

**3) Do you feel confident that you will be able to achieve your best results if you use the tools from this course? Yes/No**

33 Yes

**If yes/no why? (Please be specific) or If not why not? (Please be specific)**

**Yes –**

- Improved mental health and confidence x 13
- Gave me a new perspective on life x 12
- Merlin plan – 1 year results and action plan x 8

**1 No –**

- Need to apply it and see

**4) Please say in your own words how the session helped you personally, to effectively deal with your issue/s, circumstance/s and condition/s and move forward with your life?**

- Accept the past, I am not my limitations, labels or conditions x 15
- The self-reflection was liberating x 10
- Gave me space and tools to reflect on my goals and take action x 8

**5) Is there anything we could have done to improve the session so that you could have a better experience?**

- 31 x No
- Could have done with a break (break introduced)

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- Needed something to write on (tables and chairs layout)
- Speak up, I couldn't hear (invite hard of hearing and visually impaired participants sit at the front)
- Disturbed by other participants using mobile phone (Participants are asked to turn off their mobile phones at the start of the session)

**6) How/where did you find this workshop/coaching session?**

- Workingmen's college x 10
- Through my Employment advisor 9
- Email by KX Recruit 8
- Poster at Living Centre 6
- Ken spoke at an event 2

**7) Based on our work today, would you be prepared to give a short personal named testimonial we can use in our publicity for future sessions? Yes/No**

**If yes to 7 only, can you please give your testimonial below?**

**(Please leave this blank if "No" to 7)**

- 10 x Yes, by email
- Great course, enjoyed it a lot, would be happy to give more by email x 9
- 20 x No (don't like to give name)
- 1 x No (No reason)

**8) Would you be interested in attending future coaching sessions/workshops on things such as "Confidence – a matter of choice" etc? Yes/No**

30 x Yes

**If Yes, what is the best way to let you know?      Email/Text/Phone call**

**9) Would you be interested in joining our Resilient Community by volunteering to assist in the production of future workshops? Yes/No**

24 x Yes (19 actually joined)

**10) Why do you want to do that?**

- To revisit the workshop and also support others x 19
- To give back to the community what I got x 15
- To follow Ken's example x 1