

Evaluation Summary

Resilience Workshop 11/03/25

In total 6 residents who registered attended 1 unregistered resident attended, arrived late and left early. All 6 completed.

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)

Average rating 51/60

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

Average rating 55/60

3) Do you feel confident that you will be able to achieve your best results if you use the tools from this course? Yes 5/No 1

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

- The Workshop took time to explain context and background which allowed me to understand the tools and why they will work. The tools are tangible and practical so easy to apply + measurable
- Not sure if I really understood it fully
- As Kenneth said future does not exist, either we will create it, or the past will create it!
- It helped me to stop struggling with things around me and focus on what's important
- It's a lot to take on board but I'll see

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

- Too early to say, But it has opened my eyes in a profound way and feels like just practice. I can really shut my mindset and free myself from what holds me back
- I don't think it helped me much
- Meeting other open people was great. It gave me energy to persist on my chose path towards my goals

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- This was my 2nd time on this workshop, and I found new things I didn't realise last time. It made me look at my life with a new perspective to create my future.

5) Is there anything we could have done to make it more effective for you? Yes/No
If yes, what

- More time to read the notes
- Sit in a round

6) How did you hear about this workshop/coaching session?

- GWC Website - Events
- My JHA x 4
- GWC

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 2 x yes

If yes to 7 only, please complete the Personal Testimonial Template at the back of this form

8) Would you be interested in joining our "Resilience Community" and volunteer to assist in future workshops as a way of gaining a deeper understanding of the material?
Yes/No 3 Yes 3 No