

## **Evaluation Summary**

### **Resilience Workshop 18/02/25**

In total 6 residents out of 8 registered attended but 1 had to leave by 1pm because he had an interview 5 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** 44/50

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** 48/50

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 5

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

- Even though it's a short time and I'm not fully trained at doing it, I already felt it's helpful so I think it will help a lot after repeating the tools.
- Determination can get the results I want, and resilience can maintain integrity around that.
- The coaching from Ken has given me the boost and realisations of what's possible (with a resilient mindset). You can achieve a lot if you believe with the right mindset.
- I feel more optimistic I feel the course freed me to face my problems + start to think of possibilities in life to start freeing myself
- Very insightful, I will try to take on board the ideas of the course

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?

- The circumstances around me these days made me mess up (my mind) but after the conversation I could put them aside as just circumstances and not 'me'! I felt much more clarity about the things around me.
- Took me out of my home and interact with people with similar circumstances. (Talking about things made me feel much better.)

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- What I will take from this Resilience Workshop is not to listen to my negative mind. It has caused me a lot of stress and feeling overwhelmed, going forward I will say no to these thoughts and align myself with my at stakes (what's at stake for me) which are much more empowering to me.
- I have an idea of how to proceed, I have an idea to take some voluntary work to skill up and try office work more positively.
- I will take on board Ken's coaching and try to implement it, I will also do this again just to reinforce the ideas.

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

- You should hold more sessions like this, very different to other courses I've done, much more important.
- Need 1 more break as its tiring when you think (got a 15-minute break)

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

- Email form GWC x 2
- My work coach x 3

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, please complete the Personal Testimonial Template at the back of this form

- The course helped me to overcome my issues and how to go forward with my life and job and as a result of the course I now see I can do anything I put my mind to if I don't get side tracked and kept my word (integrity).

Samiira Haashe

- I realised why I was so stuck and got to understand how I can move forward. The course taught me to be more openminded to what life has to offer and what I can offer as well.

It made me determined to keep going and not to get deterred by set back and to see problems differently. Not as impossibilities but opportunities for something new and to expect problems as its an aspect of life you cannot avoid. So, why fight it?

Kate

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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 1 May be 1 No