

## EVALUATION FORM



### FINDING YOUR CONFIDENCE

Trainer: Sara Ferris

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	1 = poor			5 = excellent		Comments
	1	2	3	4	5	
<b>Knowledge of subject before course</b>	1	1	3	1	1	Didn't know much about the course until I received info. from Judy
<b>Knowledge of subject after course</b>				2	5	I've learnt a lot and gained experiences
<b>Effectiveness of trainer</b>				1	6	Sara is a really good mentor and really nice.
<b>Knowledge of trainer</b>			1	1	5	
<b>Effectiveness of materials used</b>				3	4	Really helpful
<b>Appropriateness of venue</b>				3	4	Safe environment
<b>How much did the course meet your needs?</b>				2	5	Have learnt a lot

#### Things I liked about the course.

- Friendly people, nice atmosphere
- Role play helped me
- Small group. Felt comfortable with team leader and the group
- It was useful to help with the problem solving skills in everyday life
- Small group
- Role play
- Different techniques
- I liked the interaction and role play
- I like how relaxing the environment was. It was great to be with like minded people and it was very advantageous doing role play and having relevant examples.
- Meeting new people, very friendly. Learnt a lot and will definitely come back to other courses.

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### **Things I would change about the course.**

- Thought it was fine. Would like more maybe.
- Nothing
- Would change nothing. A great course. Hope there are more.

### **Things I have gained through this course and any other comments.**

- Confidence knowing other people are in same place
- I feel I have more tools to help me in my everyday life.
- More knowledge to equip me to deal with different situations
- Understanding of dealing with difficult people
- Ways to be more confident
- Better self confidence
- So much understanding about different behaviours and techniques to help me deal with difficult people.
- Slowly started to become more confident and will stick to the techniques I've learnt and use them everyday.

### **What other training could ESRA provide that would be of interest to you?**

- Role play - face your fears
- More of the same. Self belief.
- I'm not sure but would like some guidance
- Help with interviews and filling in forms
- Maybe something more to help with depression, anxiety, stress, well being.
- The other part of the moving on programme is of interest to me
- More role play because I found that really interesting and helpful