

## EVALUATION FORM



**MENTAL HEALTH FIRST AID**  
 AXA Assistance Mixed Cohort  
 29<sup>th</sup> June & 1<sup>st</sup> July 2010

1 = excellent 2 = very good 3 = good 4 = fair 5 = poor

	1	2	3	4	5	Comments
How would you rate the presenters/ trainers?	7	5				<ul style="list-style-type: none"> <li>Engaging, interesting, good communicator and teacher.</li> <li>Very relaxed, friendly course, whilst tackling a very serious subject.</li> <li>Very professional delivery of the course that included all of the group and was made interesting and interactive by Jane.</li> <li>Very good. Helped she provided real life experiences to put the theory into context.</li> <li>Outstanding!</li> <li>Very engaging, good pace.</li> </ul>
How would you rate the presentation slides?	1	7	3			<ul style="list-style-type: none"> <li>Very informative, clear and concise.</li> <li>Concise and precise.</li> <li>Very informative and thorough.</li> </ul>
How would you rate the video clips?		4	6	1		<ul style="list-style-type: none"> <li>Especially the excerpt from Pat Deegan was very insightful.</li> <li>Very short and rather generic (I think one was a 'sample' rather than the 'real thing?')</li> </ul>
How would you rate the information in the manual?	4	5	2			<ul style="list-style-type: none"> <li>I will use the manual regularly I believe.</li> <li>Very thorough information yet not overwhelming.</li> <li></li> </ul>
Learning exercises?	5	4	2			<ul style="list-style-type: none"> <li>Very engaging and a good opportunity to get to know others and their differing opinions.</li> <li>Very informative and interactive way to see my own thought processes and other people's towards mental health.</li> <li>It was good to discuss topics / questions within a group.</li> </ul>
Environment?	4	4	3			
Structure?	5	5	1			
Content?	6	4	1			
Facilitation?	5	5	1			

### How will you make use of what you have learnt?

- I think I will be more conscious of my staff's behaviour and take more notice.
- In my personal life with depressed mother.
- It will be helpful to me on a daily basis in my work environment both towards my customers, my colleagues and my own state of mind.
- During 1-1's / appraisals and general day to day.
- It will stop and make me think before I make judgements or give advice.
- I will be able to transfer my new knowledge to claims situation and be more aware of the mental health claims.
- Applying it to everyday practise.
- Additional skills when interviewing clients.

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- I will aim not to be so judgemental to assess rather than assume.
- The increased confidence gained from the course will be helpful in dealing with families under stress.
- Supporting my husband's PTSD better and in my role as an HR / Business Partner to support people@ work.

### **Do you have any comments on how we might improve future events?**

- Nope – I was impressed with the presentation, the trainer and the course content.
- Encourage participation away from the workplace.
- None, very enjoyable two day course. Thank you.
- Slides could be more visually engaging rather than text / data (with only a few images). DVD clips could be slightly longer and less 'generic' and general in tone.