

'Helping Children to Build Resilience and Manage Stress

Parent Workshop 15th November 2018, 9.00-10.00

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Evaluation summary

Attendees: 37 Completed Evaluation Forms: 12 (+ 20 feedback notes which have been amalgamated with the comments on the feedback forms)

What did you think of the training overall?			
Excellent	Good	Satisfactory	Unsatisfactory
10	2		
Did you feel the workshop was relevant to my needs as a parent/carers?			
Strongly Agree	Agree	Disagree	Strongly Disagree
10	2		
Did you think the content was useful and practical?			
Strongly Agree	Agree	Disagree	Strongly Disagree
10	2		
Did you feel that the trainers were knowledgeable on the topic?			
Strongly Agree	Agree	Disagree	Strongly Disagree
10	2		
Would you recommend this training to other parents/carers?			
Strongly Agree	Agree	Disagree	Strongly Disagree
9	3		
Aspects of the training that have helped the most?			
<ul style="list-style-type: none">• The advice• Thinking brain/999 brain• To be aware of our children's mental illness and the way to cope with it• How to help children manage stress x 3• Many tips for parents for helping children to cope well with stress x 5		<ul style="list-style-type: none">• Stress bucket analogy x 3• Open-minded and interactive• How to help children with their emotions• Focus on emotional health• Very useful tools that I can't wait to use• Helpful to hear examples from personal life	
How could the training have been improved? (eg delivery, content, length, activities)			
<ul style="list-style-type: none">• If we need more help, where could we turn to?• Give more examples and chance to practise/real life scenarios for us to look at• Have this as a day course		<ul style="list-style-type: none">• Learning tips for violent children• More about older children/teenagers x 2• Bullying, children who don't listen	
Any other Comments			
<ul style="list-style-type: none">• The most important parts were covered it was a great session		<ul style="list-style-type: none">• Excellent• Everything was helpful x 2	

- Very interesting and helpful, thanks x 2
- The trainers covered everything about stress and how to manage this in children

"It was a great session, I'm glad I attended. I found out some good tips and advice on how to help my kids"

"Thank you, it was helpful to think about new ideas of how I can talk to my children"

"This workshop should go to every school!"

- To have these sessions more regularly x 2
- The workshop was positive, thank you

"It is helpful for parents to know how to help their children cope with stress"

"Thank you for such an informative and helpful session. The tips and techniques that were shown were very good and I'm definitely going to use them, thank you!"