

Please fill in your response below - circle before the course, ✓ tick afterwards.



1. How comfortable do you feel about managing assignments?

Not at all 1 2 3 4 5 6 7 8 9

Extremely Not applicable

2. How comfortable do you feel about managing stakeholders?

Not at all 1 2 3 4 5 6 7 8 9

Extremely Not applicable

3. How confident do you feel generally about your current work?

Not at all 1 2 3 4 5 6 7 8 9

Extremely

4. How well equipped are you to manage your mental health & well being?

Not at all 1 2 3 4 5 6 7 8 9

Extremely

What did you like about this workshop?

Very informative and helpful

Please list anything you have gained from the experience

New calming techniques that can be applied in life

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

10
8
7

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Not at all 1 2 3 4 5 6 7 8 9 Extremely

4. How well equipped are you to manage your mental health & well being?

Not at all 1 2 3 4 5 6 7 8 9 Extremely

What did you like about this workshop?

Great mix of up to practical and examples
to help understand.

Please list anything you have gained from the experience

I was under such stress today I nearly didn't
come - After this session I genuinely feel
clearer and more positive

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

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What did you like about this workshop?

Calm influence of Mark

Please list anything you have gained from the experience

Belief I don't rush feelings/thoughts

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

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What did you like about this workshop?

Interactive, fun, Informative

Please list anything you have gained from the experience

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

19

1
9
7

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What did you like about this workshop?

learnt something new (had therapy for years)

Please list anything you have gained from the experience

New techniques

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

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What did you like about this workshop?

Relevant & usable techniques

Please list anything you have gained from the experience

New skills which I can apply in & out of work

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

65

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What did you like about this workshop?

.....

Please list anything you have gained from the experience

.....

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

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5
4

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What did you like about this workshop?

Very informative, engaging & useful.

Please list anything you have gained from the experience

Helpful ~~for~~ techniques - will definitely use!

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

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What did you like about this workshop?

It was Meaningful

Please list anything you have gained from the experience

That I would benefit from this

Please rate your Speaker, Mark Wingfield

Excellent ✓

Very Good

Good

Poor

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What did you like about this workshop?

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Please list anything you have gained from the experience

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Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

6 → 5

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Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

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Not at all 1 2 3 4 5 6 ✓ 7 8 9 Extremely

What did you like about this workshop?

enjoyed - interactive

Please list anything you have gained from the experience

relaxation techniques

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

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What did you like about this workshop?

Very interesting and insightful

Please list anything you have gained from the experience

Useful techniques for putting my affirmations into practice

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

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3
2
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What did you like about this workshop?

valuable experience and method to support with
anxiety, comparison of similar
Please list anything you have gained from the experience

opportunity to take away a method to apply at home

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

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What did you like about this workshop?

Sara's demo

Please list anything you have gained from the experience

The Havening technique

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor

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What did you like about this workshop?

..... So accessible. Easy to understand.

Please list anything you have gained from the experience

.....

Please rate your Speaker, Mark Wingfield

Excellent

Very Good

Good

Poor