

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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1. How comfortable do you feel about managing assignments?

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

2. How comfortable do you feel about managing stakeholders?

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

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

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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 info, practical and examples to help understand.

Please list anything you have gained from the experience

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

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?

Calm influence of Mark.

Please list anything you have gained from the experience

Belief & don't rush feelings/thoughts.

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?

Interactive, fun, Informative

Please list anything you have gained from the experience

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?

**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

6 5

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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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9



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

What did you like about this workshop?

Very informative, engaging & useful.

Please list anything you have gained from the experience

Helpful 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?

.....

Please list anything you have gained from the experience

.....

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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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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7

5

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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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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?

valuable experience and method to support with  
anxiety, compassion or 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