

Themes from the Overall Event

Delegates valued the information regarding assertiveness .i.e. tool box for assertiveness, tips on maintaining own wellbeing, importance and tips on mindfulness

2.Feedback session and impact on individuals ,. 3. that learners and trainers attended together.4. taster session delivery worked well enough information to inform without information overload. 5. I enjoyed the fact we were encouraged to participate.6.About having different exercises to improve learning experience, informative and made it fun at the same time.7. Mindfulness. I enjoyed the assertivess session too.8. The interactive style.9. The sessions were fun and informative.

- 1.Room size and should be a full day
2. More depth and time spent on topics
- .3. Be more assertive and more forthcoming with feedback
4. more in depth sessions rather than an overview.
- 5.More time.
- 6 Only room at the beginning and end of the session too crowded.
7. Could be a full day so we had longer on each subject
The time frame was a little rushed so longer sessions.
- 8.More regarding resilience, very helpful and interesting.
9. Support around using P@RE.
- 10 Confidence and assertiveness training- attending other sessions.
11. Good overview of the topics covered.
- 12.Some useful tools to take with me and employ in my training and practice.
13. great session
- 14good mixture of interesting topics, delivered in a friendly and relaxed / fun way
- 15.. overall the event was fun and informative

