Workshop evaluation

Creating positive environments for mental wellbeing – the what, why and how

Please rate your opinion on the following aspects of the workshop:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Poor | Fair | Good | Excellent |
| Delivery of the presentation / the facilitator |  |  |  |  |
| The PowerPoint slides |  |  |  |  |
| Activities and discussion |  |  |  |  |
| Resources and handouts |  |  |  |  |

Please rate if the workshops helped to:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Not at all | To a small extent | To a moderate extent | To a large extent |
| Understand mental health and wellbeing |  |  |  |  |
| Understand the importance of wellbeing at work |  |  |  |  |
| Learn what is needed to create a positive work environment |  |  |  |  |
| Learn practical things to do in your workplace to create a positive environment |  |  |  |  |
| Feel confident to lead activities demonstrated |  |  |  |  |

Please rate the following:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Not at all | Slightly | Moderately | Very |
| How likely would you be to run any of the activities with your own staff? |  |  |  |  |
| How confident would you feel running these activities? |  |  |  |  |
| How likely are you to use any of the information from the workshop? |  |  |  |  |
| How likely would you be to download the resources to support these workshops? |  |  |  |  |

Please turn over the page

What did you find most useful from today?

What did you find least useful from today?

What would you change?

Please add any other comments you would like to make:

**Thank you**