Workshop evaluation

Enhancing mental wellbeing - Five Ways to Wellbeing at Work

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 things that support people’s mental wellbeing |  |  |  |  |
| Understand the importance of considering wellbeing at work for individuals |  |  |  |  |
| Learn about the Five Ways to Wellbeing |  |  |  |  |
| Learn how the Five Ways can be used to support personal wellbeing  |  |  |  |  |
| Learn how the Five Ways can be used to create a positive environment at work |  |  |  |  |
| 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**