

EVALUATION SUMMARY

Setting: Aspen Psychology (Online training, paid for per-delegate).
Theme: Coaching for Resilience.
Date: March 22nd 2023
No. of participants: 6
Evaluations returned: 6

Numbers and percentages of participants who indicated that:

1. *The work was helpful.*

	Very much agree	Agree	Neither agree nor disagree	Disagree	Very much disagree
Number	6				
%	100%				

2. *After the work, I was clear about my next steps / the next steps.*

	Very much agree	Agree	Neither agree nor disagree	Disagree	Very much disagree
Number	6				
%	100%				

Comments:

- Great, well-planned interactive day. Really benefitted from the break-out rooms. working alongside amazing EPs. Thank you.
- Another great day of training with very practical and useful tools to use immediately. Great balance of discursive activity and information, thanks Mark.
- I really liked the pace of the day and the balance of group, individual and paired work. Thank you.
- I really want to incorporate this into my work - I have found it incredibly interesting and useful, really complemented the Louise Hayes course that I did last year. As a newly independent EP, I feel more confident in trying to offer this work and will look to put it on my website that I am in the process of creating!! Thank you Mark.
- Really enjoyable and interesting day, a helpful refresher on some elements with plenty of new practical ideas. Looking forward to the next one.
- Yet again, another brilliant, practically based, psychology-embedded workshop. Mark, I really enjoy your training and come away feeling inspired and energised. Thank you.