



# STOP Training Evaluation Report

**Training dates: 22/23/24 October 2018**

**Training Area: Wiltshire**

**10 attendees**

## DAY 1 – 22<sup>nd</sup> October 2018

### Question 1: I felt that the training content was :

Not Useful	Unsure	Useful	Very Useful
		<b>2</b>	<b>8</b>

### Question 2: I felt the trainers knowledge and teaching standard was :

Very poor	Below Standard	Standard	Above Standard
		<b>3</b>	<b>7</b>

### Question 3: I felt the group discussion was :

Not Constructive	Neutral	Constructive	Very Constructive
		<b>3</b>	<b>7</b>

### We would welcome further comments about the day:

- I feel like the day has gone well and you've managed the time well. You've challenged everyone and encouraged really well.
- I found that the interactive activities/anecdotes/props resonated and were helpful in understanding in different ways the content of the sessions – thankyou.
- The training was very well pitched and informative. I find the activities very useful, my understanding and knowledge has already improved.
- A great start to the course with a clear idea where we are going. It's good to know we have the question park to come to at the end.
- Really lovely to have the drinks, biscuits and fruit, a comfortable atmosphere. Bit panic inducing to get the homework task as I'm not sure I'll have time to do it properly.
- I'm looking forward to knowing about the rest of the parent sessions.
- Nice venue, very welcoming, good knowledge and handouts.
- Enjoyable, well paced day, looking forward to Day 2.

- I thoroughly enjoyed the session and don't know that I would have wanted anything to be done differently!
- Thank you for changing the chairs.

## DAY 2 – 23<sup>rd</sup> October 2018

Question 1: I felt that the training content was :			
Not Useful	Unsure	Useful	Very Useful
			<b>10</b>

Question 2: I felt the trainers knowledge and teaching standard was :			
Very poor	Below Standard	Standard	Above Standard
		<b>2</b>	<b>8</b>

Question 3: I felt the group discussion was :			
Not Constructive	Neutral	Constructive	Very Constructive
		<b>3</b>	<b>7</b>

### We would welcome further comments about the day:

- Delivered in a way which combined content and interactive activities. Again learning was solidified by useful anecdotes and example. Thank you !
- Really useful and well paced sessions.
- Nice and very thought provoking discussions.
- I really enjoyed the session today and in many ways found it easier than yesterday. I find the group discussion/contribution very valuable.
- Really good discussions about some very sensitive topics – great way to learn the content and how to deliver.
- There were periods of time at the end of the sessions where things could have been wrapped up sooner. However, if subjects went off track, you were both good at bringing it back!
- Some nice activities today which was good to move about. The group is bonding more which you are helping to encourage!
- Everything covered in the session was useful and I can see how it would be put in to the session with parents.
- I noticed that when using specific scenarios to illustrate some points – it generated lots of positive discussion today, but that with a group of parents it may well become quite conflicting if people in the group have very different ideas of boundaries to each other – not that it would stop me using a scenario, just a point of note.
- Course seemed to be paced well and time is given to process information. Don't feel judged when giving and sharing my opinion.

### DAY 3 – 24<sup>th</sup> October 2018

Question 1: I felt that the training content was :			
Not Useful	Unsure	Useful	Very Useful
			<b>10</b>

Question 2: I felt the trainers knowledge and teaching standard was :			
Very poor	Below Standard	Standard	Above Standard
			<b>9</b>
			<b>1</b>

Question 3: I felt the group discussion was :			
Not Constructive	Neutral	Constructive	Very Constructive
			<b>9</b>
			<b>1</b>

#### We would welcome further comments about the day:

- I found the consequences session difficult to think about in relation to some of the families I work with and imagine this would need some adaptation/consideration of the impact of the attachment relationship, or lack of seeing parents as a safe base to prevent just getting lots of negative responses. This is helpful in considering which families to refer and the mix.
- Very supportive and helpful, able to answer all the questions and queries consolidated learning as well as allowing growth in confidence.
- A really great 3<sup>rd</sup> day. I can see why sessions are done in the order they are, the importance of the manual and of following the script. Engagement and interaction between Linda and Hayley was really comfortable and they confidently looked to each other to check no gaps were left.
- It was good to get an idea of the optional sessions as well as mandatory.
- I liked how you focused on the 6<sup>th</sup> session today. You mirrored how difficult this could be prepping us for the future. You highlighted how much parents feel they need this, making me more aware of why
- I did find session 6 the most difficult out of all of them but it made me identify that if I deliver the course in the future probably more prep would be required on my part for this particular topic.
- Some of the practical in the sessions were fun, it was a good way of learning.
- I think the 'invoicing' is going to be a challenge, potentially this is far too complicated. Other than that all other material has been easy to understand.
- I feel that as it was Day 3 – as a group we have obviously come together and so the discussion today felt particularly helpful to me – maybe also just a reflection on me feeling more comfortable in the group.

The following questions are part of an evaluation of the training that you have participated in. The information we obtain will help us to evaluate and continually improve the training we offer.

## **THE OVERALL TRAINING**

### **Question 1: Which part of the training was most helpful to you? :**

I found all of the training very useful and am looking forward to delivering my first group.

The listening and I statements and helping parents how to practice this. Having a structure which is bounded and allows the group to develop their own ideas rather than being the expert.

I liked how we went through the training both as trainees but also getting involved ourselves. Useful for 3 days in a row to consolidate learning and to piece everything together.

The structure of the training made it very clear why the sessions are planned/delivered in the order they are. Not giving the manual til day 3 was also helpful!

Helpful to be in parent mode and professional mode. Open discussions – experience from parents point of view. Interactive activities being modelled. Different ideas on how to deliver sessions and ideas for additional resources.

I found each part as valuable as the others. It's all new to me so each part was relevant.

All of it, I found it important to get familiar with all the modules to get a good understanding of them and be able to get an insight on how to deliver.

Conflict and aggression part.

The practical elements and discussions. Freedom to unpick the practicalities and challenges of delivering the programme. The course offers easy to understand material.

Learning about some of the sessions was particularly interesting – the brain, conflict etc (more!/I just can't remember!)

### **Question 2: What did you like most about the training? :**

Each day had lots of practical sessions which made it fun as well as informative.

It was fun. The facilitators always thinking about how to make it feel safe and non judgemental and encouraging reflection and ways to problem solve situations we experience as trainers.

Putting 'parent' hats on properly being immersed in the programme and having our own 'light bulb' moments. Also thinking about anecdotes and comparisons which really make sense.

It's very interactive and thought provoking. The trainers/facilitators were very knowledgeable and happy to share ideas/advice etc.

Felt welcome and valued. Refreshments were great! Pace was good. Non judgemental. Felt listened to and all views taken seriously.

Interactive, stuck to agenda, very informative.

How interactive it was. We were put in the parents position a lot. A great way for us to understand how they will feel. I liked the sweets too.

I loved the practical side, the group discussion as well as the delivering of the content.

All of it has been enjoyable.

The mix of some activities as a group, pairs etc. I didn't ever feel 'put on the spot' which I think is also good for parents.

### **Question 3: What did you like the least about the training?:**

Having become part of a lovely group, we are not likely to see each other again due to geography and work areas.

The consequences session – I find the charging aspect of this personally challenging and would need to be thoughtful about how to deliver this in an open way.

Maybe the amount of sitting down – but know this can't be helped.

Being sat down so much – I'm not used to that!

Sitting down a lot! Although some activities to move around, there was a lot to fit in and sitting is a natural part of that.

Sitting down for so long – only because I'm not used to it.

Sitting on the chairs for a long period of time.

Trying to get there for 9.15am due to commitments and travel time. Personally I don't like being late.

Maybe I struggled with some of the specific scenarios used because I can imagine if a parent didn't agree they may be isolated possibly?

### **Question 4: How could the training be improved?:**

I'm not sure that I would change anything about the training as it currently stands.

Maybe watch some of the videos suggested? Although I really thought highly of the training and can't really think of improvements.

Perhaps include some gently stretching every now and then? It can be hard to maintain focus when your back is becoming sore/stiff.

Moving around a bit more or comfy chairs

I can't think of anything You did well ladies!

Not sure really

Unsure. Maybe suggesting viewing videos of sessions which have been run to get an idea of what whole session might look like. To watch this in our own time. Just as an example.

Nil – no advice about this.

Not really sure.

### THE OVERALL TRAINING

Question 1: I feel the trainers teaching and leadership skill was :			
Very Poor	Below Standard	Standard	Above Standard
		1	9

Question 2: I feel the trainers knowledge was :			
Very poor	Below Standard	Standard	Above Standard
			10

Question 3: I feel the group discussion was :			
Not Constructive	Neutral	Constructive	Very Constructive
		1	9

### We would welcome further comments:

Great to have a mix of CAMHS workers and school based professionals.

Thank you! Very enjoyable and informative 😊

I've been on quite a few courses over the last 3 years and this has been by far the most enjoyable and informative. Linda and Hayley did a great job. Thank you!

Check info is up to date.

I really enjoyed the training and learned a lot professionally and personally. I feel more confident about being able to deliver the course if needed. Thank you to both of you for making the 3 days enjoyable.

Lovely trainers, lovely group.

Easy to understand training, although the pace is fast in my view this prevented boredom and ensured I stayed focussed. I'm looking forward to getting started. Thanks Linda and Hayley you've done a fab job delivering together.

It's been a lot of information in three days but delivered in a very welcoming, kind way – thank you.

**END**