

Emotional First Aid Training – Cohort by Cohort Trainer Evaluation:
April 2010 – March 2011

Cohort Number: 21 Lambeth YOT

Trainers: SG & PJ

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	2	6		
Participant / Group Activities		7	1	
Facilitation of Activities by Trainers	2	6		
Overall content of course	1	4	3	

Please add any other comments which would help us improve / strengthen the training

This course is very useful & relevant to professionals “new” into the sector/ working with y/p. Whilst I found it useful in so much as “refresher”, I didn’t learn anything new. I think the content could have been condensed and therefore room for the academic/ theory behind the work/ why y/p feel.....

No comments @ this stage

Some topics could be more targeted to our specific service, also could have been at higher level and taken into account what we already know, less time spend reflecting, faster paced.

Trainers were approachable, knowledgeable & delivered what they had well.

Course should be offered as an introduction to working with young people. I feel that it would have been more beneficial to mix groups with other services.

Possibly more interactive. There are times when I could feel myself falling asleep as my brain want active.

Overall content of training was good. Will use some of the material acquired on this training for 121 supervision sessions with young people.

Trainers were good + I liked how they didn’t take things seriously + would add jokes in order to lighten up the atmosphere (picking on each other were funny!) However I didn’t feel like we needed to review the session at the end of every session, + go over what we

were going to take away. Sometimes you cant process the session straight away or generally don't have any feelings for that particular session + so it was difficult to be put on the spot for something to say at the end of the group.

The course was an eye opener in relation to what we as practitioners deal with but are unaware of. It gives a good insight and makes you reflect on your own practices and how these can be strengthened or enhanced.

The course provide an open + supportive environment to reflect on my current practice. However I would have liked more strategies to engage YP in discussions about their emotional wellbeing.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	2	5		
Participant / Group Activities	2	4	1	
Facilitation of Activities by Trainers	2	5		
Overall content of course	1	5		

Please add any other comments which would help us improve / strengthen the training

The knowledge base of both facilitators was good and I found them very useful when it came to answering any questions we had.

They were willing to spend time listening and incorporating our views and feedback into the sessions.

The booklet was good.

I enjoyed the group activities particularly the listener role play.

The course would benefit from a more recognition of how humanistic theory informs practice as it appears to more CBT driven.

Enjoyed course

I feel that this is an important course for practitioners in my and other fields.

I feel it highlights the need for support and utilising counselling type practice in this field of work.

Some banter & comments risqué or inappropriate- unintentionally, I am sure. I think a group such as YOT staff, who are experienced, could have had material pitched somewhat higher from the start. A reading list would have been helpful.

Encourage use of handbook, encourage more reading (homework).

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	7			
Participant / Group Activities	6	1		
Facilitation of Activities by Trainers	7			
Overall content of course	6	1		
Relevance of course material to you	6		1	

Please add any other comments which would help us improve / strengthen the training

Possibly extend length of course by another week or two.

I preferred having the sessions set out with tables. Very informative style of course which I liked, felt that it was a safe environment to discuss sensitive/ confidential issues. Everyone and anyone who works with children and young people should attend this course.

Many thanks to Stuart + Paul 😊

I would have liked more guidance on running emotional first aid sessions- strategies etc. When looking through the handbook there are a few things that weren't covered – maybe because we were a chatty group.

Great training, recommend to all working with Children. Have reflected on my own practice a great deal, to make me a better, rounded person dealing with the complex issues of the children I work with currently and in the future to improve a much need service.

😊

For all pages in the book to be the same way and bound at the top (same for left or right handed), like the front cover.

Thank you for an enjoyable, though provoking course. I am really looking forward to sharing this course with others. XX

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	4	2		
Participant / Group Activities	5	1		
Facilitation of Activities by Trainers	5	1		
Overall content of course	4	2		

Please add any other comments which would help us improve / strengthen the training

Change format of training manual, did not like side by side layout or pizza boxes.

I would like more about initiating interactions & conversations. Learning the 'best' effective ways of engaging young of young people & trying to maintain them.

- For the book to have all pages facing the same way and still spiral bound at the top – good for left + right handed.
 - I have a credit card sized folded handout with key points:
 Anxiety ← Stuckness – MH Prob -> Mental Illness
 Definition of anxiety, stress
 - 6 Basics Human Emotions
 - Feelings, Thoughts, Behaviour, Physical etc
- Thank you!

Stuart & Paul – delivered programme with enthusiasm. Every H.I.P. front line worker should have access to Emotional First Aid Training & updates.
 Thank you really enjoyable.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	10			
Participant / Group Activities	9	1		
Facilitation of Activities by Trainers	10			
Overall content of course	10			

Please add any other comments which would help us improve / strengthen the training

I feel that this is an excellent course and personally have got so much out of it.

I really enjoyed the whole thing – well done.

I am pleased to have been given this opportunity to attend this course – a bit of time out from my busy day!

Stuart and Paul work well together, I feel that we have all been supportive of each other. I will refer to my book at times to reflect on learning & for support.

Excellent course! – very valuable in terms of letting participants reflect on their working practices, own strengths and own needs!

Self harm DVD v powerful. Other DVD less so.

A fantastic course- well worth attending. I will take away a lot that will help in my job. EFA has helped me to recognise my own skills as well as the problems facing young people.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	8	3		
Participant / Group Activities	9	2		
Facilitation of Activities by Trainers	9	2		
Overall content of course	9	2		
Relevance of course material to you	8	3		

Please add any other comments which would help us improve / strengthen the training

Very good course. However I do feel that the trainers were on a rollercoaster of training. We are their 6th session in 3 days and I think they are exhausted physically + emotionally by our session.

Thanks for a great, enlightening course.

More strategies for dealing with children with EBD's.

The trainers were very good and made the course enjoyable while being informative. We occasionally ran out of time on some areas which I felt needed more time to go in depth to help understand the subject. More time on attachment as this is very crucial with primary children.

Thank you both – I've enjoyed the sessions!

Thank you. I have found the issues/topics raised interesting and enjoyed the groups opinion of these. It was a good opportunity to share experiences, have a better understanding of primary school children.

I have really enjoyed this course. Although I am a PMHW it is also useful to cover the material again. Cohort were great.

Longer course over 12 weeks.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	7	4		
Participant / Group Activities	8	3		
Facilitation of Activities by Trainers	7	3	1	
Overall content of course	7	2	1	
Relevance of course material to you	7	2	2	

Please add any other comments which would help us improve / strengthen the training

The trainers were very friendly and made me feel able to speak out in front of others. Was not dull training session all had a laugh and learnt a lot from them.

I found the course to be very valuable and provided great insight into the development of children and key issues surrounding work in schools and with children. Very well presented and structured.

Add the idea of resilience to risk assessment and even children who face lots of risk factors can overcome difficulties.

Awareness of resilience factors in a child – i.e. friends/sports so other group members would weigh risk/resilience.

The pace was a bit mixed. Good to have space and time to reflect on issues but occasionally that time is too long.

I enrolled on the course due to an interest in children's wellbeing emotionally and have not been disappointed. I will take away strategies as well as the feeling of not 'being alone'. Paul and Stuart have been a pleasure. For me who normally just sits and listens and has managed to talk out and answer questions in a group. Thank you both.

Thank you for course.

Very good course I will recommend to my work colleagues.

I felt that the course was explained very well and that there is nothing more that can be added.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	6	1		
Participant / Group Activities	5	2		
Facilitation of Activities by Trainers	6	1		
Overall content of course	4	3		

Please add any other comments which would help us improve / strengthen the training

Whole day sessions rather than half day! 😊

There is so much to get through – may be appropriate to ‘reign’ participants talking occasionally. Consider doing at the end of Uni Phase 3 (Nov/Dec) as phase 4 is a stressful time of transition. It was fantastic – please keep it going. When can we do the next one....

Frustrating book. While this particular course is different, ability to meet with peers further after the course. Very friendly Paul + Stuart who are very knowledgeable and work well together to create insightful learning combining everyone’s knowledge, professional understanding and young peoples views. It has impacted in a very positive way. Thank you for your time, patience and kindness 😊

A very good course. It helped me so much personally but I am sure will help me professionally in the future. Some areas not practical in schools but still interesting. Thanks Guys!

Since our group were PGCE students from secondary school I would have liked to do more work on 12-16 year old children (issues they have), but in general this course will help me to be a better teacher as I now have a better understanding of social issues children face.

I think it would be useful for all PGCE students to take part in this course. The limited cost of the course definitely helped my decision to join the course. The full cost would have put me off regardless of how useful I would find the course.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	9	2		
Participant / Group Activities	9	2		
Facilitation of Activities by Trainers	8	3		
Overall content of course	7	4		
Relevance of course material to you	9	2		

Please add any other comments which would help us improve / strengthen the training

Enjoyed the course and now have new knowledge of emotional first aid. It would be good if the course was maybe an hour extra as the second half of the session often seemed rushed.

Overall course V. good – some time to explore scenarios and work out solutions may be a useful benefit.

Very much enjoyed the 6 wk course (I attended 5 but did check I could!). Loved group activities, and the fact that at times we digressed as so often on courses this isn't allowed and these things that arise from that are equally as important.

All fantastic – sorry rushed completion (*of questionnaire*)

Thank you – having missed the strategies session I would welcome a 'resource list' being circulated.

When website set up – include in training to show how it works. Many thanks.

Thank you a thoroughly enjoyable six weeks.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	10	1		
Participant / Group Activities	10	1		
Facilitation of Activities by Trainers	10	1		
Overall content of course	10	1		

Please add any other comments which would help us improve / strengthen the training

This has been the most useful course that I have attended since working with Young People. I have already used an number of strategies discussed and am more aware of mental health issues.

Best course I have attended recently.

Spend extra sessions together as I don't want course to end! Thanks for a great course!

This has been an incredibly valuable course + all the materials have been extremely useful. Thank you.

- Opportunity for 6 month follow-up. (perhaps?)
- Perhaps a little more info on mental health issues to raise awareness (although maybe this is not the correct forum for this?)
- Overall the info and time for reflection was really helpful 😊

This has by far been one of the best courses I have been on. The trainers were approachable and enjoyable to work with. I was sorry to see it end.

The way forward for future in our area. Thank you to the EFA team.

Maybe have a resource pack or tools/ strategies to discuss and hand out.

I have really enjoyed the course and feel that I have learnt a lot throughout. The course was made fun and accessible by Paul & Stuart which meant that difficult subjects were covered in a way that was easy to talk about. Thank you 😊

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	10	1		
Participant / Group Activities	9	2		
Facilitation of Activities by Trainers	11			
Overall content of course	11			
Relevance of course material to you	10	1		

Please add any other comments which would help us improve / strengthen the training

Make whole school training available somehow! (It is seemingly better when delivered by outsiders!)

To run course (or shorter presentation) in schools as INSET as many colleagues would benefit.

Course has really helped me to rationalise my work and to approach the difficulties we all have with empathy and pragmatism, offering support but not wanting to 'fix it'.

Sometimes difficult as a less confident/more anxious member of the group to speak aloud – esp in weeks 1-3 when relationships have not developed.

I appreciate the time given and sensitive nature of both trainers and willingness to help when faced with problems of attendance.

Longer session maybe – or a couple of “feedback” sessions to bring a child to the group. I feel it needs a “follow on”. I hope the network/group is able to make this happen.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	7	1		
Participant / Group Activities	8			
Facilitation of Activities by Trainers	8			
Overall content of course	7	1		

Please add any other comments which would help us improve / strengthen the training

Excellent training course – I have really enjoyed every minute. The content has been totally relevant to my work and useful in my personal life. I'm sad it's the last session today.

Longer course – it would be good to have more time to find out about new ideas/strategies introduced during sessions.

Both Stuart and Paul put humour into the course which made it enjoyable and not emotional on what we were watching and learning. Very interesting course. Thank you, I have a lot away with me.

I have really enjoyed the opportunity to work with other professionals and explore in depth how young people manage/regulate their lives.

I found the course very interesting due to the humour from both the Trainers which has helped me retain the knowledge I have learnt.
(sometimes ran out of time to explore course handbook properly).

Really great course. Enthusiastic facilities – interesting and passionate. Real belief in what they are delivering. Thanks for the experience. Looking forward to train the trainer.

Thinking of delivering to others – would have liked more time on skills/tools.
Appreciate that the relationship is key but know how others like tools too!

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	9	2		
Participant / Group Activities	8	3		
Facilitation of Activities by Trainers	9	2		
Overall content of course	11			

Please add any other comments which would help us improve / strengthen the training

A thoroughly enjoyable and useful course. The instructors/trainers were outstanding!

This course was very informative and very useful. All aspects of the course were realistic and helpful/supportive strategies. It made me so much more aware of what emotional first aid, and what self harm is and the vast range of self harming forms that youngsters take on, either to deal with that emotion or avoid them. Want to learn more.

Didn't like the listening exercise as felt a little bit false/artificial (like role play). Book/journal layout confusing but information contained within is very good. I really enjoy the group interaction/sharing.

Better mix of male/female (participants not trainers). Have some materials better prepared.

This has been a fantastic course and I cannot fault it. However !! the course handbook tested my co-ordination – I never knew where or what page I should be on.

Thanks to the team and the trainers. I have learnt a lot in this course by listening to others ideas but above all by expressing thoughts/facts, ideas. By putting them down in a debate situation, it has facilitated a lot of the running/purpose/objectives of this course.

More emphasis and time on 'strategies' would happily had a second (and extra) session on this (7 sessions not 6!). Loved sharing resources (although I didn't have any) & experiences (I had plenty & hope I didn't dominate).

A great 6 weeks. I don't think it could be improved.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	9	2		
Participant / Group Activities	10	1		
Facilitation of Activities by Trainers	9	2		
Overall content of course	8	3		

Please add any other comments which would help us improve / strengthen the training

Maybe time at beginning of course, going over last weeks session could be shortened or out. Shorten course time a little?

I still feel I need more practical activities – although I am pleased the help line is available and the offer of twilight groups. Thank you.

Have all the pages in the book orientated correctly! Too much to-ing and fro-ing make me reluctant to read it again.

Tell – (write to?) Heads/Bosses to let them know WHAT we can do, WHAT we have been taught so they will a) use us wisely b) not expect miracles!

Really excellent course. Nice venue!

I thought the training was excellent but the afternoons were very long and intensive. 4 hours is a long time to concentrate on a subject. Uncomfortable chairs!!

-I know its not easy, but more practical work would be nice

-Comfier chairs!

-I personally read through the last page of each week to better prepare me for what came up.

-Overall excellent course, brilliantly delivered will take a lot away for myself and my future classes.

There was a good amount of time for discussion & feedback – please don't shorten this!

Work books were confusing – text direction changes from page to page!

- * really enjoyed practical exercises & sessions
- * good to use toolkit/ resources
- * would like to use a library to borrow some of the resources to take back to school to share, before buying our own.
- * good take home materials – liked the pizza box to keep everything in.

Thank you

Really useful course. Will be able to practice loads of new strategies with children at school. Thank you.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	9			
Participant / Group Activities	9			
Facilitation of Activities by Trainers	9			
Overall content of course	9			
Relevance of course material to you	9			

Please add any other comments which would help us improve / strengthen the training

Very good I really enjoyed the course. I only think that the school setting was not good. Thank you for the great training. It helps children emotional needs.

Personally I don't think there are any other ways of making sessions better. It was fantastic. If anything, maybe a few more "real-life stories" to make more realistic scenarios.

Whole day training rather than morning.

I have worked in this field for many years; it has been the most useful course that I've been on and think all teachers + children/ young people workers should do the course to understand the children they work with. I have told many about the course and would love to become a trainer.

Super training. I have found this course this course invaluable superb. Jackie & Stuart amazing thank you very much.

More time (full day)

Brilliant!! Longer time. Like the idea of follow ups.

Help me look @ my current practice + enable changes to it for benefit of the children/ families I work with. Also more understanding how I am impacting on practice also.

Excellent course, very good material – relevant to working with children. Need more time within my working day to develop and use new knowledge & understanding gained from course.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	9		1	
Participant / Group Activities	9	1		
Facilitation of Activities by Trainers	9	1		
Overall content of course	9	1		
Relevance of course material to you	10			

Please add any other comments which would help us improve / strengthen the training

Perhaps some additional info on learning disabilities. An excellent course – thank you.

I have really enjoyed this course and will miss coming and listening to other people experiences in the work. I have gained a lot of great information and strategies that I plan to put in place whilst doing my job and hope that it will make me a better worker.

I know there is no right or wrong answer but some more solutions or guide to how we implement it would have been useful. It was a brilliant course that has given me more confidence and assurance for the work I am doing. Thank you!!

Sometimes clearer communication needed. Time boundaries often loose e.g. in reviews sometimes too long – rushed on other more important things. Co-facilitation was in-balanced at times. Brilliant course everyone should do it. Think there needs to be one for toddlers & parents. Would love to train it. Really appreciate all the stories and sharing by trainers. Very empathetic. Venues: often cold!

Really enjoy the course – felt I could take part and made to feel at ease – enjoyed discussing the work covered and the issues that the difference agencies experience and how they deal with them – the different use of language to help children to encourage them to engage. Find support for others within my work team and help with stress/coping and improve working environment.

I feel I have taken a lot of information away from this course and had been a big help. I have gained more confidence in my role and how to talk to children. I have also been able to identify my stress triggers and strategies to deal with them. The Trainers were very approachable, friendly and fun which made learning better. Great!

I would have preferred that during the ice breaker in session 1, I found out about people's workplaces rather than favourite book/film.

Worked more in depth about autism/ADHD.

Wished it could have been longer, covering more behaviours etc and even more depth.

Course was really valuable. A real eye opener into how I deal with my own emotional needs as well as how I can help young people and their families.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	9	1		
Participant / Group Activities	6	3	1	
Facilitation of Activities by Trainers	8	2		
Overall content of course	7	2	1	

Please add any other comments which would help us improve / strengthen the training

On a personal level I found the facilitators enthusiastic + engaging, but on the whole not so much the content. I did learn new knowledge and reflect upon my own practice but at times found the content somewhat basic and felt we discussed things I regard as second nature. I have not gone away from the course having learnt as much as I hoped. Due to my own learning style at times I "switched off" and found that if the course was shorter and more directive (with less scope for general discussion) I may have learnt more. This is my honest reflection of the course and I hope is taken in a constructive context. Nothing should be taken away from both facilitators who I thought were superb throughout.

Loved it. Change the language of "self harm" to be more progressive and present it as a solution or physical manifestation of something underlying. I think this is more in line with the rest of the language of the course.

The balance of learning new info & looking at the "tools" & knowledge we currently have is great & for me has been a confidence booster. Did wonder if perhaps sessions needed to be longer to enable group discussion & exploration (where relevant)... or maybe we are just a very chatty/open cohort!

More case studies may be helpful/ examples of strategies that work with young people. The self harm + risk management session was too heavy + may benefit from breaking up a bit/ pre-warning people about the content! Perhaps longer/ more breaks during this session. Otherwise great course!

I don't think there is anything I have that could improve or strengthen the training. I enjoyed it, thank you.

More time! Sometimes felt we had to stop short when content could have been discussed further. Apart from that, best course I have attended for many years. Thank you ☺

The course was both formative & reflective, enabling different learning styles to take place. Atmosphere was made supportive & safe through the facilitators supportive & genuine positive attitude & perception of the group.

Keep up the fantastic work!! I have absolutely nothing negative to say. It has been valuable, insightful, educational and emotional~ but in a positive way! Sincere thanks and best wishes for your continued work. X

A thoroughly worthwhile course – useful to update skills. Excellent trainers and training style. Thank you! ☺

Although individualised – perhaps some pointers as to how to help those who are self-harming.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	10			
Participant / Group Activities	10			
Facilitation of Activities by Trainers	10			
Overall content of course	10			

Please add any other comments which would help us improve / strengthen the training

I enjoyed the course immensely it was so refreshing to take away practical solutions and skills – I used EFA after the first session at home and at work. Thank you.

Brilliant really enjoyed the sessions.

Great well informed course content and facilitators. Found the course handbook confusing as regards page layouts i.e. would have been easier in straight forward pages 1 – etc as book form. Correlation of pages straight click over continuum.

I have increased on my knowledge. Enjoyed spending six weeks with the whole group. Now consider I have a new network of people to help me with different issues.

Enjoyed everything. Very relevant. Interesting to have non-school people there as well. Will help me be more confident in dealing with kids. Book could be more user friendly rather than turning them over.

Fabulous course, perfect mix and level of content. Resource pack is excellent. Thanks so much – it'll really help me improve my practice.

Very good course, things that I have learnt have been put in place immediately after each session.

Venue was rather small and not suitable for 12 people.

Venue is a little too small for this course.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	11`	1		
Participant / Group Activities	12			
Facilitation of Activities by Trainers	12			
Overall content of course	12			
Relevance of course material to you	10	2		

Please add any other comments which would help us improve / strengthen the training

Excellent course and Brilliantly presented. More Ideas for strategies & resources especially for children with eating disorders/ OCD & self harm. I think all educators should do this! Thank you!

PS: could this be part of teacher training?

The content of this course has been amazing. I have taken away so much. I cannot fault in anyway, the way Paul and Jacquie delivered the course. They are brilliant! Thank you very much.

I have really enjoyed the course and feel I have benefitted enormously from the content and group discussions. I have enrolled on Train the Trainers which I am sure will be as beneficial and am looking forward to this.

Have been recommending attending EFA courses to lots of colleagues I work with in schools. Thank you so much, a really great training course, so much fun!

Maybe not offer the course on a Friday. It would have been nice to go into work the next day and sound off or discuss the emotional stuff with colleagues and not take it home to the family for the weekend. Was fantastic: I felt I was supported well when I found the activities emotionally difficult. I am glad I had this opportunity to explore my past with a lovely group. Thanks 😊

Keep up the good job you are already delivering. Thank you.

Everyone is open, friendly and engaged. Nice refreshments. Brill

To recap on the course every 6 months. To show us the website will fill more able to go on it and remember to go on it.

More time? Sessions go too quickly. More comfortable chairs. Only criticism – prefer not to be referred to as “guys” Sorry Prob my age!! Otherwise Great!

Thank you so much – I have learned so much from joining this course. I feel passionately about all my staff doing it and believe it should be an integral part of training for anyone & everyone working with children. I LOVE EFA!!

The approachability of the presenters was brilliant. Improve: books a bit difficult to work with.

The course content was great but I would have liked some more strategies to put into practise, Referring may take weeks so what do we do in the meantime with very vulnerable young children.

I thought the course was excellent in content and presentation, however I would like to have more strategies in dealing with children and their problems. I thought session 4 was very useful as we were able to swap ideas and resources – it would have been good to have a longer session.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	8			
Participant / Group Activities	8			
Facilitation of Activities by Trainers	8			
Overall content of course	8			
Relevance of course material to you	8			

Please add any other comments which would help us improve / strengthen the training

I have never wanted a course NOT to finish before. This has been a brilliant course that I know will help me both professionally & personally. Thank you.

Thank you very much for an extremely informative and interesting course. I feel much more confident in my everyday work at school, and much more able to challenge peoples perceptions of other children. Thank you very much!

Thoroughly enjoyed & learnt a lot during my six weeks training. Would like to have lunch. Thank-you Dave & Paul 😊

I felt that both trainers were engaging and competent, able to discuss sensitive issues in an open honest way. Many useful ideas and “trains” of thought have come from this course.

Would like more people to be able to access this training. Would have preferred not to be on the course with a colleague from my place of work, due to the emotion of the course. The trainers were wonderful, best course I’ve been on, very appropriate to my work, and they took in account people’s learning styles.

Really good and valuable course, very enjoyable. Great Trainers, very open & honest.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	9	2		
Participant / Group Activities	9	2		
Facilitation of Activities by Trainers	9	2		
Overall content of course	9	2		

Please add any other comments which would help us improve / strengthen the training

I have found this course incredibly useful. There is a lot of information to take in but it is presented in an interesting, accessible way. I have really enjoyed being part of the 6 session. It has made me realise the importance of what we do.

Sessions could be a bit longer, the time seems to fly by.

Have enjoyed the course immensely.

More time on course – feel would like to be able to explore more on all material presented.

Just would like opportunity to continue sessions!

Longer sessions to explore solutions and ways of dealing with behaviour. Made me feel confident, comfortable, safe, listened to, loved the group dynamic but can't stand listening to the same person on every answer.

Book is really good but very higgledy piggledy.

More time to reflect seems a lot to do in 3 hours.

Tease others in the group to open up more so that we can listen to their experiences also. Additional time at the end after reflection for “wind down” space to release the emotions and to discuss concerns, fears, sadness etc – “free time” I suppose and everything for you to “get off your chest” the events of the session.

Maybe more time to talk about individual cases.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	12			
Participant / Group Activities	12			
Facilitation of Activities by Trainers	12			
Overall content of course	12			
Relevance of course material to you	10	2		

Please add any other comments which would help us improve / strengthen the training

“Love the double act” thanks so much training not only informative but fun!
Reaffirming what I already know, but making me think and stretch my knowledge.

Excellent training. Reassuring and reaffirming. Thank you!

I felt that the training was fantastic it has reassured me in my role as a project officer, given me confidence and reassurance that I am doing a good job. Thank you.

This has been a brilliant course. The solution, stuckness and normalisation has been the important input into how I think of things.
Paul’s Jigsaw has already been used to great impact. Thank you.

Strategies – give us specific examples that will work in certain situations? Maybe identify one child in particular & help us form a number of strategies that could use to help us with that child.

This needs to be on every teachers agenda (+TA) via PGCE!

You are preaching to the converted.

Thank you, its been lots of fun + very informative.

Confirmed that the role I have developed (midst a level of confusion + uncertainty between agencies) is on the right lines!

I have immensely enjoyed this course. I have been able to reflect on the content both professionally + personally and have been able to reframe a lot of my thinking. The course has been hugely reassuring and I hope to do more, especially when our work patterns

change. Only one tiny critique – the layout of the handbook is sometimes a bit confusing (or that might just be me being dim....)

Do not work much directly with Children +YP. However I have really valued and enjoyed the course. Trainers are very good, engaging well with the group and not “separating” themselves as ‘the trainer.’

Thank you so much!

This course has been really good. It has given me so much to think about, made me see that so many fears and feelings are “normal.” It has given me so much material to use in school and lots of evidence to use on staff to open their minds.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	10	2		
Participant / Group Activities	12			
Facilitation of Activities by Trainers	11	1		
Overall content of course	11	1		
Relevance of course material to you	11	1		

Please add any other comments which would help us improve / strengthen the training

1st meet extremely scary – but stuck with it and this course has feel more confident to deal with working children.

I loved this course and think that all staff in Education should go on it.

I have found this course very helpful in highlighting the risks to Children and solutions they come to use. I have thoroughly enjoyed the EFA course and found a great support from my cohort which I hope to continue after the course.

Thanks must go to Paul and Stuart for making this course both fun and informative. I enjoyed the reflective times at the start of each session.

Stuart and Paul were great trainers, and I'm hoping to become a trainer myself, although I'm a bit nervous that I wont be able to present as well as they did!

Enjoyed course, have been able to take and share information with colleagues and I am determined to try and change people's minds on "naughty" children.

Informal & fun training. Chance to meet people in similar roles, build support system.

Excellent course that demonstrates clearly the processes in which we can support children emotionally in order that they can alter their 'solutions.' Brilliantly and sensitively shows us that feelings are normal and how we can facilitate children and each other. Thank you.

Fabulous! → Course has helped me put a lot of issues into perspective. A lot of issues were not new to me however the course helped me STOP & think about things + put it into context. I'm really looking forward to doing the conversion course + train the trainers course to help me encourage a change in the negative culture within the unit I work within and within the school.

I believe many of the issues we have within our learning support unit are not helped by the attitudes of some staff members. I'm really encouraged by this EFA course + believe it will be a very successful addition to staff CPD.

→ I hope we can shift the views of some people + organisations that success is not only measured by GCSE's.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	8	4		
Participant / Group Activities	8	3	1	
Facilitation of Activities by Trainers	8	3	1	
Overall content of course	9	2	1	

Please add any other comments which would help us improve / strengthen the training

I felt the first few weeks there was little feed back when I spoke which heightened my anxieties around speaking publicly. I noticed this in others also. As the weeks progressed this improved greatly and ended very well. Really enjoyed Paul's input. I write this as he wrongly thinks he's an interloper – he's not.

Day training would be more favourable if possible. I did not like comment from a facilitator when she commented about the professionals in the room and the foster carers. Foster Carers are professionals.

Really good group, learnt a lot about the different types of caring professionals – foster parents, social workers etc, nurses etc.

I'm pretty sure we saw the same clip on the DVD repeatedly, which got a bit repetitive/tiring. Loved Loved LOVED week 4 – so useful and excited about looking on website for more tools. I feel so much more confident to do my job and will use the exercise book for lots of reflection. Thank you. Long may EFA continue!

A thoroughly enjoyable course, which has given me the confidence to challenge young peoples' needs. Thank you.

Fantastic, engaging course, despite being tired due to lateness of course kept my interest throughout! Would recommend to colleagues.

The training was specifically on Emotional First – they could have challenged the trainees more to find out their understanding and establish how situations is managed. More direct techniques and strategies of being Emotional First Aider could have been discussed – I think. Thank you for overall course and it helped me to be confident in listening YP.

I found the course very informative and have learnt new ways to cope.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	10	1		
Participant / Group Activities	9	2		
Facilitation of Activities by Trainers	10	1		
Overall content of course	8	3		

Please add any other comments which would help us improve / strengthen the training

It was a good course, can the sessions be shorter or bit swifter moving but probably me as I'm a fidget.

Personally I feel the training was very helpful, it was comfortable and educational.

I have found the course very useful, it has given me a chance to both gain knowledge and realise the knowledge I have already. I have met some great people and hope to carry on the positive relationships I have with them. The trainers were great, everything was very clear and there was a very comforting atmosphere. This allowed everyone to open up and make the course really beneficial. I would definitely recommend this course to other people.

More information around mental health issues i.e. supporting y.p.

Everything was explained in a clear concise way. Questions were always answered straight away and were not put to one side and ignored.

I found it very useful. Brought up a lot of stuff did during counselling training and gave it in a good format that I can access as and when to keep it upfront and remind myself. I found the size of the group difficult as I find large groups hard.

Well organised, explained in detailed way. Liked pizza box idea for course work. Trainers were easy to relate to and participated in sharing their own life and experiences.

I think the whole thing was amazing and made me really look at my work and has I do it and what changes I need to make to make it better.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	3	6		
Participant / Group Activities	4	4		
Facilitation of Activities by Trainers	3	5		
Overall content of course	5	3		
Relevance of course material to you	5	3		

Please add any other comments which would help us improve / strengthen the training

Course was very practical with lots of ideas and support. The whole pack has been very easy to access.

Fantastic course, have put a lot of info learnt into practice. Now working more with S/E children on 1 to 1 basis and going on to do ELSA training.

The course has focused my thinking and understanding recognising that behaviours are the solution. Discussion times and shared experiences was very useful.

Carry on exactly as you are. The course is pitched at the right level and the atmosphere that you create puts everyone at ease, enabling open and valuable discussion. Thank you.

Relaxed group with lots of scenario's and problem solving. Refreshing on previously learnt information. Well done ladies!

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	3	2	3	
Participant / Group Activities	2	5	1	
Facilitation of Activities by Trainers	2	3	3	
Overall content of course	3	3	2	

Please add any other comments which would help us improve / strengthen the training

Should not try to read slides word for word this doesn't make a good presentation. The presentation should be organised better with clips of the video sign posted to particular slots more clearly and again the words on presentation could be shortened version of the book. The video presentation needs to be re-considered 1 case at a time from beginning to end would be better and the sub titles can be misleading. The flip over book would be much easier to follow if it was bound at the side like a normal book.

Not to show the me& u DVD as often discuss the issues after each section.

Less of the DVD.

Re-jiggle DVD. Opportunity to meet as a group later.

The me to you DVD to be used more appropriately, i.e. one case study at a time, discuss as a group the solutions. Interesting course – more informed about conditions likely to see in young people experiencing difficulties. Thank you.

Lots of activities were repetitive – same each week. A variation would help keep people engaged. It took 6 weeks for us to laugh more and feel more cohesive. Perhaps more 'active' activities at the start to help relax people. I felt the trainers were not so relaxed and therefore affected the whole group (set the mood).

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	9	1		
Participant / Group Activities	10			
Facilitation of Activities by Trainers	9		1	
Overall content of course	9	1		

Please add any other comments which would help us improve / strengthen the training

A larger variety of DVD's that focus more specifically on the things that we have learnt about e.g. self harm.

Found the training rigorous. Reflection opportunities were excellent. Totally appropriate. Good interactive activities – group gelled really well and fed information to each other.

Very interesting and informative course which I found very useful. Thank you.
The whole training course was very informative. It was great to have a range of different professionals and parents of BESD/Autistic in same room. Encourage more people from education to attend – not just from support staff.

The booklet design does not lend itself to easy use. However as the course progressed it became familiar and easier to use. Everything else was good.

Excellent course and excellent group where I gained considerable knowledge on EFA which I have used in specific situations already.

The session about self harming it would have been good to look at what help there was available.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	6	3	1	
Participant / Group Activities	5	4	1	
Facilitation of Activities by Trainers	6	3	1	
Overall content of course	6	3	1	

Please add any other comments which would help us improve / strengthen the training

Extremely enjoyable course. Content was very informative and helpful. Many issues well explained to a very high standard of understanding. I feel I am using the information to help me at home and very much so in my working environment.

Reorganise booklet – trendy isn't helpful it's irritating. Sound on DVD poor. Session on risk assessment could be shorter.

I liked the book, understood it was done to make it a less 'tedious' format of just turning the page. The frequency of watching the DVD didn't always 'add' anything to the discussion. Sessions could be shorter – it felt there wasn't enough content to last 3.5 hours. Less repetition of DVD. The training was good, however myself and for other professions it was information I was very familiar with. Others in the group – that wasn't the case. So I don't know how you can choose the applicants so its most effective for those attending. Video – sound very basey, difficult to hear at times.

Me & U DVD – not great sound/speech quality great working in groups.

DVD quality of production was very difficult to hear. More student participant would most likely to engage. Overall a useful course.

DVD – perhaps more of a selection of case histories. I understand seeing the young people with different angles, but got a bit repetitive. Handbook' is great but needs traditional binding together. Really useful course.

I really didn't like the book, I found it very challenging to read – it jumped around, was bitty and difficult to follow. I found the DVD difficult to hear. Not the volume of sound but the sound quality. The section at the end, happy left me confused.

I found the course fantastic, I have learnt a great deal of strategies that I will use in my career when working with young people – also in my own life situations. Would recommend the course.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	10	1		
Participant / Group Activities	8	3		
Facilitation of Activities by Trainers	10	1		
Overall content of course	9	2		

Please add any other comments which would help us improve / strengthen the training

EFA Handbook – difficult to follow because of set out. Handouts of research information connected with issues like self harm. Time to reflect on how being a first aider will impact on practice/ways of working in school.

I don't feel that there is any need to improve, most important is to carry on believing in what you do and you guys have that belief. Thank you.

Brilliant training, humour & team work with work with others. No further improvement.

Excellent course. Very motivating for the trainees. Helpful for moving 'education' towards a more holistic approach to emotional literacy in general and the plight of young people who are emotionally distressed in particular. A lot of knowledge dispensed in manageable bites. Thank you.

Better quality: e.g. Sound of DVD's and Lighting. Enrol us all on website.

Excellent course – would strongly recommend to others. Everyone working in a school should have to attend!

Brilliant course. really enjoyed it and have found it thought provoking. Using strategies in daily practice already and have been successful – my only worry is delivering it whole school and the value other 'stuck' staff will place on it.

Fantastic. The course was the best course that I have been on. The interaction allowed was brilliant. I think that Stuart + Paul are a amazing duo who bounce off each other and work tremendously well. They were very relaxed and that helped the group. I have and will use the information given by Stuart + Paul. Thank you to Stuart + Paul for giving me a chance to be myself + for the support you have given.

Just a thought and it might be my misunderstanding but on week 1 I was confused at what time I was to arrive. I am a time management nightmare and I was unsure if I was late at 8:45 or 9am – you did manage me and I was never late! Well done! Regards.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	4	5		
Participant / Group Activities	4	5		
Facilitation of Activities by Trainers	4	5		
Overall content of course	6	3		
Relevance of course material to you	6	3		

Please add any other comments which would help us improve / strengthen the training

Felt the initial week spent too long patronisingly discussing time keeping and attendance. However, got lots from the course. Thank you.

Continue to do the training from the heart!

The guys are down to earth.

I am looking forward to the Trainer training. Thank you.

More ideas for use with Children in school context.

A chance to look more closely at real cases within your own work environment.

Venue – cold and provisions not acceptable. Areas not cleaned beforehand.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	9			
Participant / Group Activities	9			
Facilitation of Activities by Trainers	9			
Overall content of course	8	1		
Relevance of course material to you	8	1		

Please add any other comments which would help us improve / strengthen the training

Other articles/ current lit. on issues like self harm etc. More focus on “and what is your next step?” Pace sometimes needs “speeding up” in particular sessions.

Make it essential that it is part of the criteria that everyone must put a strategy on the website.

To have updated version of book.

A copy of the re-written book.

Book to be based more around Primary level.

The content in the book. – we are awaiting with baited breath the inclusion of Primary content. We would like a copy please. Shame we couldn’t learn more about mental health issues also delivered in your 14 week MHC. ☺

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	11	2		
Participant / Group Activities	12	1		
Facilitation of Activities by Trainers	11	2		
Overall content of course	12	1		
Relevance of course material to you	12		1	

Please add any other comments which would help us improve / strengthen the training

Perfect presentation by the facilitators well done! They know how to start middle and good closure.

Facilitators have been positive, open and enthusiastic about the course. Great delivery, patient in listening to everyone's views and being non-judgemental.

Thank you so much – have thoroughly enjoyed each session even when the material was personally relevant. Whilst I am not a particularly vocal person I have felt comfortable and 'safe' to be able to share.

Longer course: explore topics further guest speaker(s).

Target the training and materials more especially to professional groups.

I have thoroughly enjoyed the course. The facilitators have made the experience relevant & enjoyable. I feel the course could be longer and some topics covered could be discussed further. Excellent course!

Excellent course! Has helped me a great deal. Not much more I can say other than that only wish it went on for a while longer.

Really great course. Would be great to perhaps have a few more sessions – ½ days don't always feel long enough to be able to discuss all the issues and topics fully. Ensure more people are offered the opportunity to experience this very worthwhile and valuable training course.

Outstanding course. It has risen awareness of children I am in contact with and made me reassess my approach.

The training was really good – good network and gain support/ideas from other people.

I thoroughly enjoyed the course – it has been great reminder of what I already know and I have learnt a lot from Sue, Cath and other professionals on this course – I think this course will support my working practice enabling me to support parents and children. I do wish this course was longer! Thank you for cakes!

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	9	2		
Participant / Group Activities	11			
Facilitation of Activities by Trainers	9	2		
Overall content of course	9	2		

Please add any other comments which would help us improve / strengthen the training

I have enjoyed this training very much. Thank you.

For me I would have preferred not to spend so long on each time (start of course am/pm) discussing 'what we did last week'. Especially since we then went back to main group (from break away group) and then discussed it all again. 2. Having a facilitator known to the borough as unmanageable – again joking! What was best about the course? For me who doesn't like to be asked for contribution very often the fact that that was perfectly ok. It isn't usually and I thank you this especially.

Thank you very much. I have enjoyed the course especially hearing about other people's experiences.

Positives – the separate group at the start of sessions. Our group didn't always go over previous material but was led/facilitated by how over the week had gone and few key areas expanded. This was good. Keep it in. Group discussions and other ideas/suggestions excellent. Great that conversation able to flow and discuss ideas. DVD shown too many times. Bit repetitive. Some exercises was also repetitive. Good to have opportunity to reflect; to have time that is protected from caseload, to evaluate what practice am doing. Will recommend to others.

Booklet confusing – page numbers. I didn't refer to booklet – would have liked to make better use of. Tips ideas recorded. Excellent opportunity to reflect – share good practice. Received a lot from this course through reflection time. Facilitators = excellent manner – very informative & fun!! Maybe less time discussing previous week & feeding back. Overall excellent training. Thank you Darrell and Dawn. Brilliant!

The first training centre was too hot which made me feel tired and lose concentration. I prefer the room cooler as with the second centre that we used on our last session.

I have loved this course and met many new friends through it who I will seek to remain in contact with to offer extra support and guidance from their roles within working with young people i.e. school nurse, foster carer etc. I will use the resources offered & suggested & share with all my colleagues at school. Thank you – a lot of fun also! & Katie's lovely cakes!

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	10	1		
Participant / Group Activities	10	1		
Facilitation of Activities by Trainers	10	1		
Overall content of course	9	2		

Please add any other comments which would help us improve / strengthen the training

Helpful in reminding and networking. Trainers facilitated the group well and kept people in line (where needed).

Shorten the timings less chat – cut the reflection time its not nice being put on the spot, sometimes you just need time to reflect not talk.

This need to be mandatory course for anyone working with children. Part of PGCE training.

You could invest in a better It system – haha!. Great training – thank you soooo much! X

Enjoyed course throughout found it informative and good opportunity to share best practice and realise all have similar feelings issues and solutions.

More session less hour per session so we can concentrate on info as not tired from school.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	7	1		
Participant / Group Activities	7	1		
Facilitation of Activities by Trainers	6	2		
Overall content of course	5	2	1	

Please add any other comments which would help us improve / strengthen the training

I love Chris & Ann ☺ Lovely course love the way they deliver together. Easy to suggest things to help improve. Can I take them home with me?

Fantastic course & delivery. Very powerful DVD on first viewing. Challenged thoughts & ideas.

Not to replay the DVD over again, and to watch DVD before reading the booklet. Group discussion worked really well.

Not reading the anxiety booklet before watching the DVD. It seemed to lessen the impact.

Due to my team leader being in the group I sometimes felt like I could not share as much or be as open as I may have wanted to be.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	3	5		
Participant / Group Activities	3	5		
Facilitation of Activities by Trainers	4	4		
Overall content of course	3	5		
Relevance of course material to you	5	3		

Please add any other comments which would help us improve / strengthen the training

The course has given me a sense of what we are already doing is good, it reinforces the strategies that we use are good. It has made me analyse myself and think about all the aspects of EFA and to use the. A possible follow up meeting to reflect on what we have been doing.

Follow up training?? I think it has been excellent and should be available to all professionals that work with children and young people. It makes you think about the child as a whole.

Slides are small and not in same order as booklet. Too much time on some activities – drawing emotions. Would like to hear about situations more, real case studies. Covered a lot. Feel more confident.

Perhaps video clips of interventions and scenarios to make it more visual. Is it possible to have this on a website to access at school? Thank you very much this has been a great course! 😊

I have learnt a great deal about the range of 'emotional stuckness' children can be faced with. I now feel more knowledgeable and it has made me want to find out more. I am more aware, and it has made me question my approach now to different situation. I feel my role now is to use some of this material to help inform others, and I am already thinking of the potential raining we can do for LSAS/lunchtime controllers. Thanks you.

I have completed many emotional/behavioural courses in the past but have found the depth and intensity of analysing on this course extremely informative. To be able to listen to others and reflect in our different roles has been extremely interesting.

Initially some of the activities seemed to long (40 minutes to draw) but in reality the time was needed to 'get in the right place'. Follow up training would be a benefit – share emails.

Less experienced practitioners would probably benefit more? I certainly gained a lot from revisiting various topics though, and was sorry to miss last week's risk section. Thank you.

Please rate the quality of the training provided by ticking the appropriate box

	Excellent*	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	2	8			
Participant / Group Activities	2	8			
Facilitation of Activities by Trainers	2	8			
Overall content of course	2	8			

* This is not a rating that is available on the form but the participants added this themselves for this cohort so it has been included to accurately reflect the feedback.

Please add any other comments which would help us improve / strengthen the training

This training was facilitated and driven very well, no improvements necessary.

Training was of a high standard.

This has been the best training I have yet attended. It has been the best for including and facilitating this induction of all attendees of the course. I feel that I have got to know everyone and have felt included in everything. No clicks.

Really good speakers lots of interaction mixing us all up and working with new people. Paula we love you.

A must for all carers and social workers.

I think it would give a different perspective if there was a mix between carers, education and social workers.

I cannot think of any as plenty of support and information has been given. Superb. Nice to have trainers with a sense of humour.

I have enjoyed all parts of this training. I feel I have moved forward with my knowledge in this subject.

More time to do the training i.e. a whole day for each session would be much better although I have learned so much in the time given. Well done Allison and Paula you were brilliant.

Please rate the quality of the training provided by ticking the appropriate box

	Very Good	Good	Fair	Poor
Presentation of Material by Trainers	11			
Participant / Group Activities	11			
Facilitation of Activities by Trainers	10	1		
Overall content of course	11			

Please add any other comments which would help us improve / strengthen the training

I though the trainers Allison and Paula gave great insight into emotional health. I have learnt so much that I will be able to put into both my personal and professional practice and hopefully be a good resource for young people that are emotionally stuck!

I have learnt a lot from this course. I often feel nervous in these courses but felt very comfortable and enjoyed it. Thank you. When listening to the Trainers I realise how much I knew but I have learnt more about each thing I can take back to work and use. Very helpful.

I have found the course to be very interesting and at times demanding pushing me to develop my knowledge in emotional understanding of young people and self. 😊

Would be really interesting to have a wider range of professional on the cohort. I have picked up a lot of information from the Trainers and it would be good to share and listen to opinions and thoughts of others working in different service type provision. Have picked up a lot of information over the six weeks even though I have read a reasonable amount on this topic.

Am not able to suggest anything as felt that the course was very stimulating fun way of learning – a joy to attend. Sorry course has ended. Well done!

Inclusion of more people from other settings, etc re:- social workers, IRO, etc. It was helpful to have staff from schools on our course, this aided discussions and expressed a different viewpoint for us to consider.

Foster Carer's and Social Workers would benefit on separate training.

I have gathered a lot of evidence and good ways to help our young children.

Involve more schools in the course.

Nothing - course content excellent. Facilitators brilliant. Really enjoyable as well as very empowering.

More social workers should do the course would recommend it to other carers.