

Understanding Anxiety and Building Resilience

02/02/24

Danson School Workshop Evaluation Feedback

Purple Parenting and Training CIC delivered an Understanding Anxiety and Building Resilience Workshop to 32 parents. 28 parents completed an evaluation form and the feedback was really positive, we have included some feedback below.

What overall rating would you give the workshop?



From options Excellent, Very Good, Good, Fair or Poor.

Would you recommend this workshop to others? Why?

All stated that they would recommend the workshop.

"Very good with lots of points, helped understanding of many things that could be going on with your children."

"Very helpful and provides with more ideas on good ways of parenting."

"Very beneficial with good tips on how to manage and support your child."

"Helped to understand & breakdown the "normality" of anxiety & ways children see anxiety, helped to understand the process & how/ways to help them process it/work through it."

"Presentation was very informative and topical, both speakers were engaging and approachable."

"The delivery was well thought out. It was helpful for my own sake, with ways to help my son and also help me, finding less stressful ways to deal with my son's anxiety and outbursts."

Is there anything you would change about the workshop?

12 did not feel there needed to be any change. 13 parents felt that more time would be beneficial to cover strategies in more detail, to ask questions and have time to discuss with other parents. 2 mentioned more group discussion and felt a smaller session 'so instructors could spend more time with the groups', 1 felt videos would be helpful.

Any further comments?

"All primary schools should do more of this."

"More examples on how to cope"

"More workshops like this."

"It was amazing, thank you."

"Thank you, need to repeat soon."

"The coca-cola bottle was a great visual."

"Good insights into managing our own reactions."

"Thank you, really enjoyed the workshop and found it very useful."