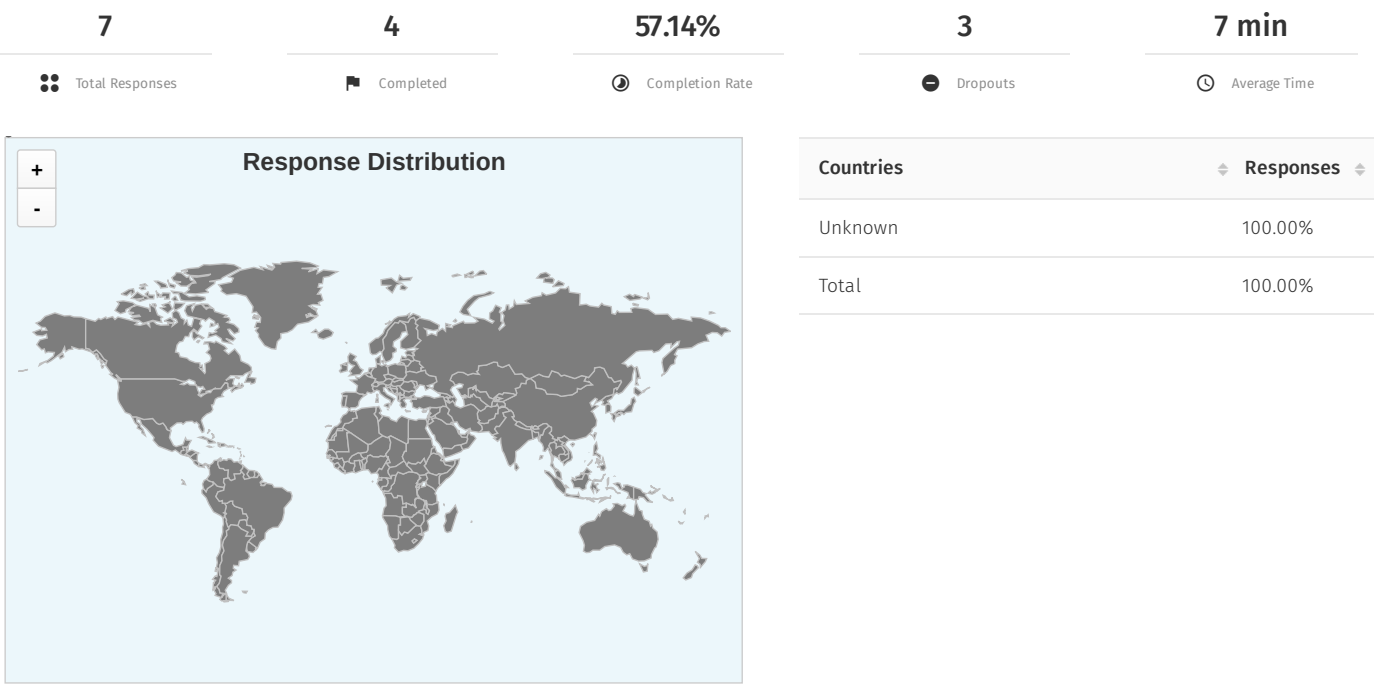


Participant Feedback Form - Dashboard



+

-

Response Distribution



Countries	Responses
Unknown	100.00%
Total	100.00%

1. Name(s) of session/event

15/07/2026	207734247	Managers managing wellbeing
15/07/2026	207734226	Managers Managing Wellbeing
15/07/2026	207734207	Managers well being
15/07/2026	207734191	Managers managers wellbeing
15/07/2026	207733813	Managers managing wellbeing
15/07/2026	207726081	Managers Manage Wellbeinf

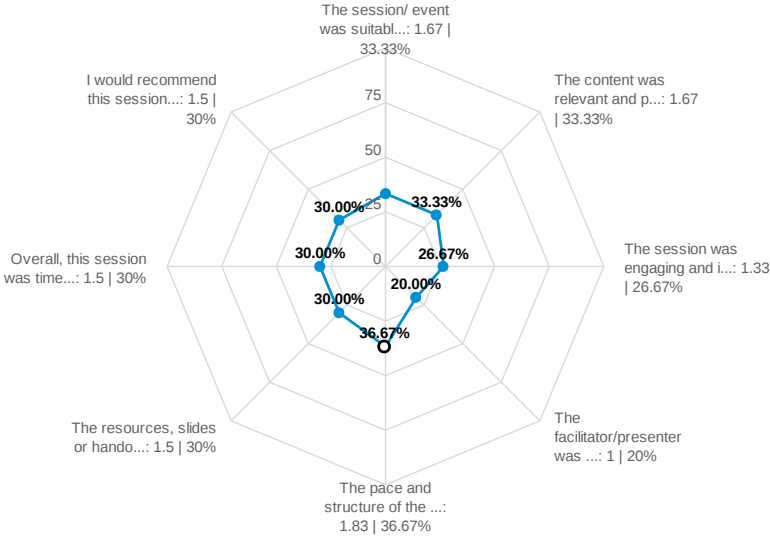
2. Date(s) of session/event

15/07/2026	207734247	15.07.26
15/07/2026	207734226	15/07/2026
15/07/2026	207734207	15/07/26
15/07/2026	207734191	15/07/26
15/07/2026	207733813	15/07/2026
15/07/2026	207726081	15th July

3. Company Name (if applicable)

15/07/2026	207734247	Dragados
15/07/2026	207734226	Dragados
15/07/2026	207734207	Dragados
15/07/2026	207734191	Dragados UK
15/07/2026	207733813	Dragados - Birmingham
15/07/2026	207726081	Dragados

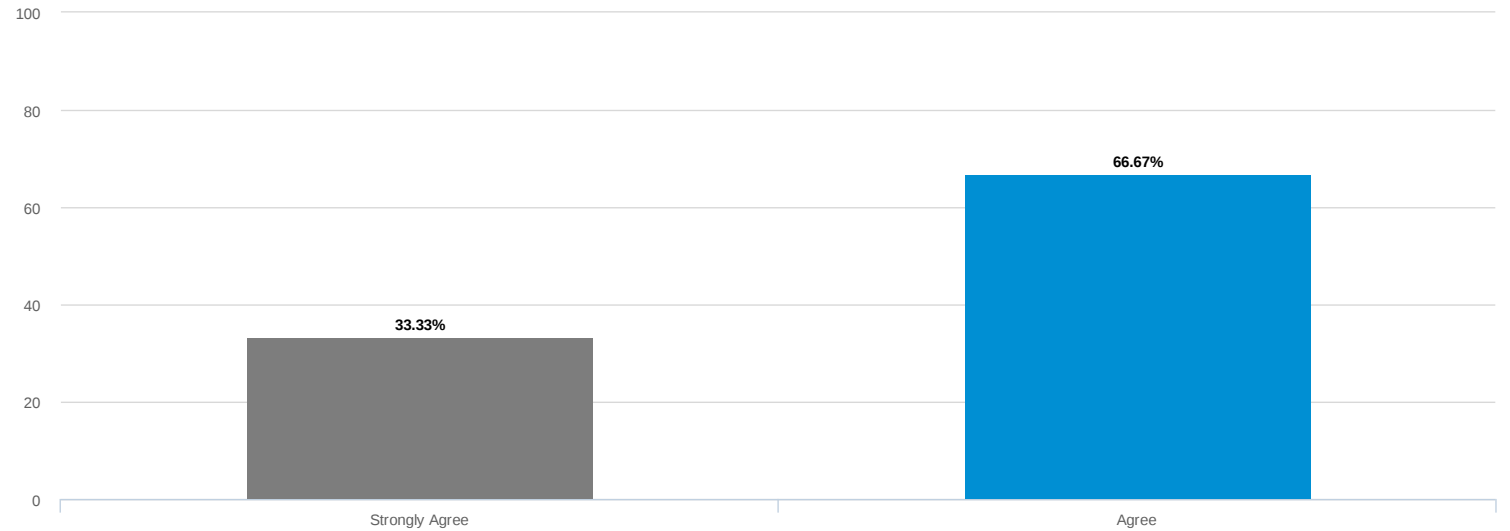
4. Please rate the following statements



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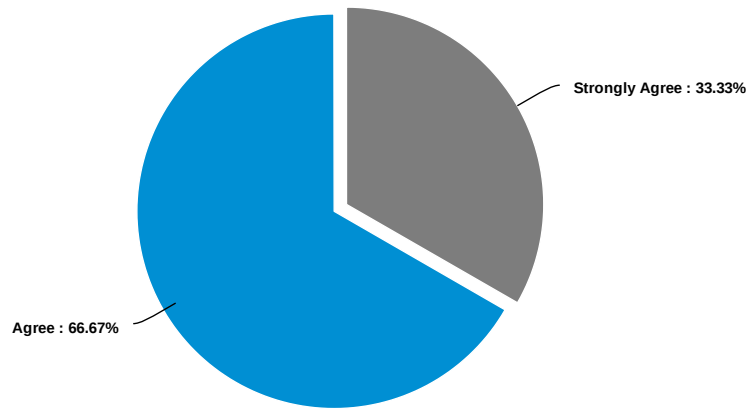
Question	Count	Score	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The session/ event was suitable for my needs	6	1.67					
The content was relevant and practical	6	1.67					
The session was engaging and interactive	6	1.33					
The facilitator/presenter was knowledgeable and inspiring	6	1					
The pace and structure of the session were appropriate	6	1.83					
The resources, slides or handouts supported my learning	6	1.5					
Overall, this session was time well spent	6	1.5					
I would recommend this session to a colleague / friend / family member	6	1.5					
Average		1.5					

The session/ event was suitable for my needs



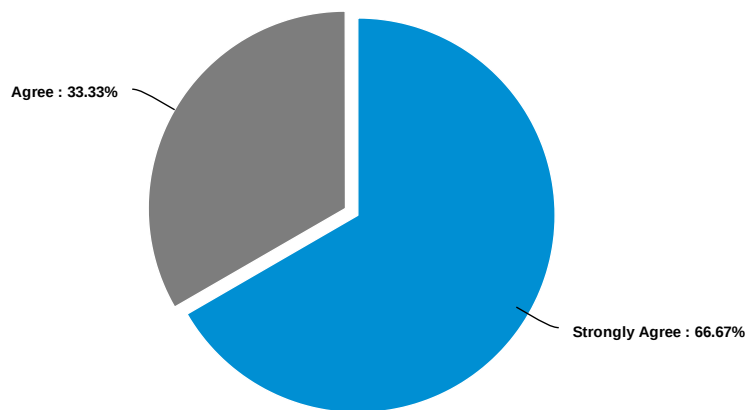
Answer	Count	Percent	20%	40%	60%	80%	100%
Strongly Agree	2	33.33%					
Agree	4	66.67%					
Neutral	0	0%					
Disagree	0	0%					
Strongly Disagree	0	0%					
Total	6	100 %					

The content was relevant and practical



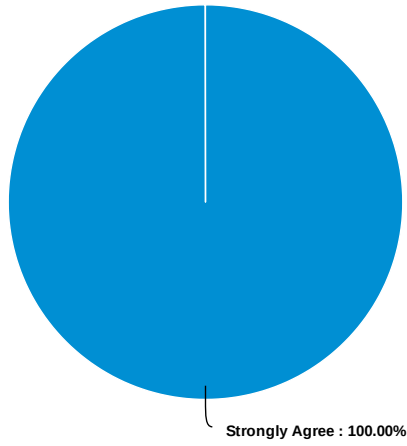
Answer	Count	Percent	20%	40%	60%	80%	100%
Strongly Agree	2	33.33%					
Agree	4	66.67%					
Neutral	0	0%					
Disagree	0	0%					
Strongly Disagree	0	0%					
Total	6	100%					

The session was engaging and interactive



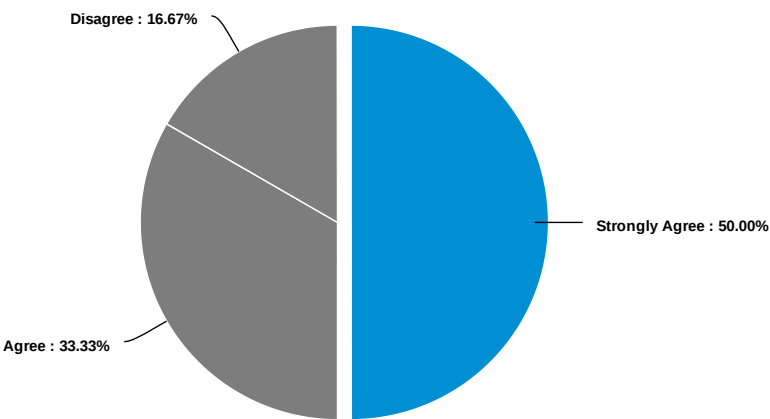
Answer	Count	Percent	20%	40%	60%	80%	100%
Strongly Agree	4	66.67%					
Agree	2	33.33%					
Neutral	0	0%					
Disagree	0	0%					
Strongly Disagree	0	0%					
Total	6	100 %					

The facilitator/presenter was knowledgeable and inspiring

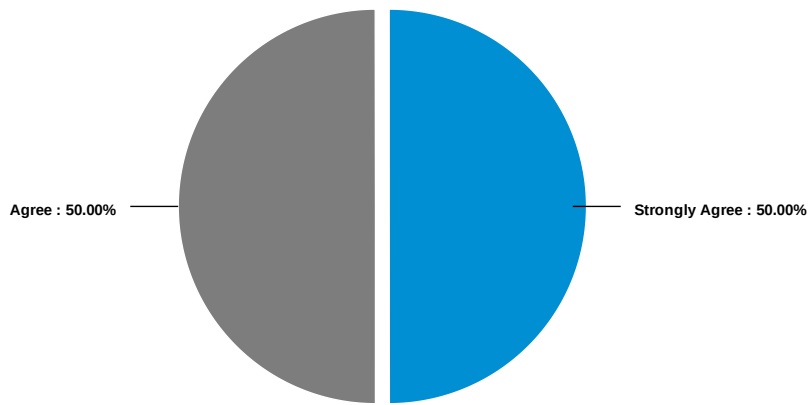


Answer	Count	Percent	20%	40%	60%	80%	100%
Strongly Agree	6	100%					
Agree	0	0%					
Neutral	0	0%					
Disagree	0	0%					
Strongly Disagree	0	0%					
Total	6	100 %					

The pace and structure of the session were appropriate

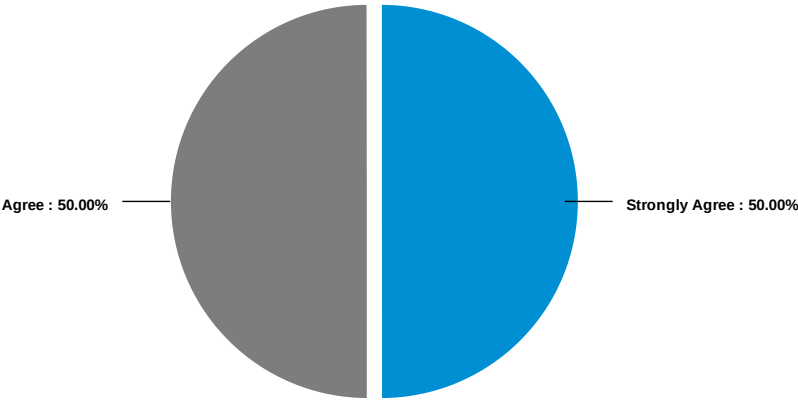


Answer	Count	Percent	20%	40%	60%	80%	100%
Strongly Agree	3	50%					
Agree	2	33.33%					
Neutral	0	0%					
Disagree	1	16.67%					
Strongly Disagree	0	0%					
Total	6	100 %					



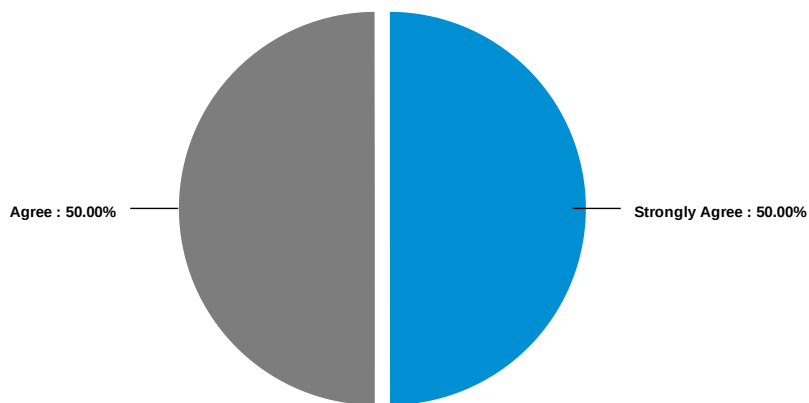
Answer	Count	Percent	20%	40%	60%	80%	100%
Strongly Agree	3	50%					
Agree	3	50%					
Neutral	0	0%					
Disagree	0	0%					
Strongly Disagree	0	0%					
Total	6	100 %					

Overall, this session was time well spent



Answer	Count	Percent	20%	40%	60%	80%	100%
Strongly Agree	3	50%					
Agree	3	50%					
Neutral	0	0%					
Disagree	0	0%					
Strongly Disagree	0	0%					
Total	6	100 %					

I would recommend this session to a colleague / friend / family member



Answer	Count	Percent	20%	40%	60%	80%	100%
Strongly Agree	3	50%					
Agree	3	50%					
Neutral	0	0%					
Disagree	0	0%					
Strongly Disagree	0	0%					
Total	6	100 %					

5. What difference do you think the skills or insights from this programme will make for you?

15/07/2026 207734247 It will help my interaction with my team and help output

15/07/2026 207734226 Reconsider my errors and shift into more appropriate management

15/07/2026 207734207 Helped me become more insightful on empowerment

6. Can you share any examples of how you plan to put your learning into practice?

15/07/2026 207734247 Implementation of the 7 E's wherever and whenever possible.

15/07/2026 207734226 Through more engaging and empathy.

15/07/2026 207734207 I will implement it with the apprentices in the team

7. In what ways might this programme positively influence wellbeing for you, your team, or across the organisation in the future?

15/07/2026 207734247 Hopefully, it will reduce stress at work for me, and help communication with my team

15/07/2026 207734226 Improving my behaviour towards others and lead by example

15/07/2026 207734207 It will help the working culture if the team

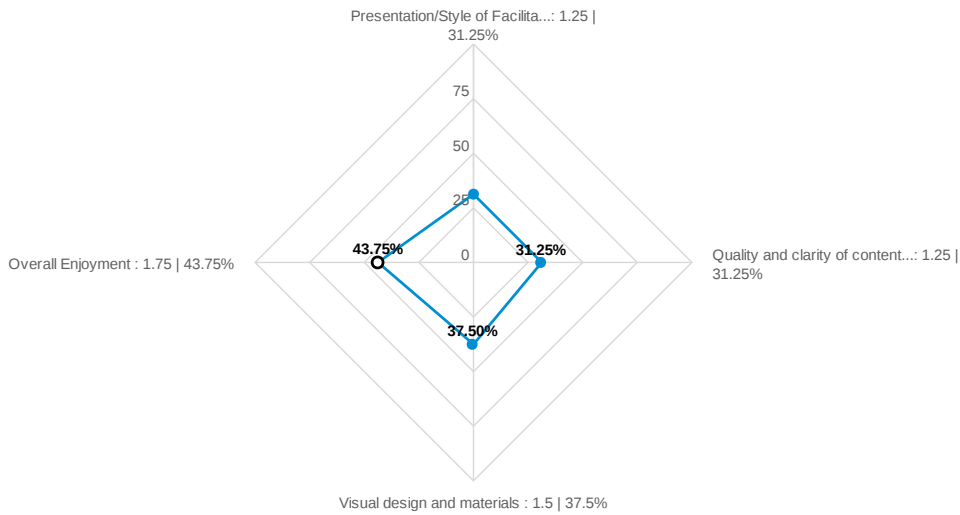
8. What impact, if any, has the programme had on your wellbeing or perspective so far?

15/07/2026 207734247 It's made me think about changes i already know are needed, but haven't realised how urgently they were needed

15/07/2026 207734226 Through sharing and openness with my colleagues

15/07/2026 207734207 .

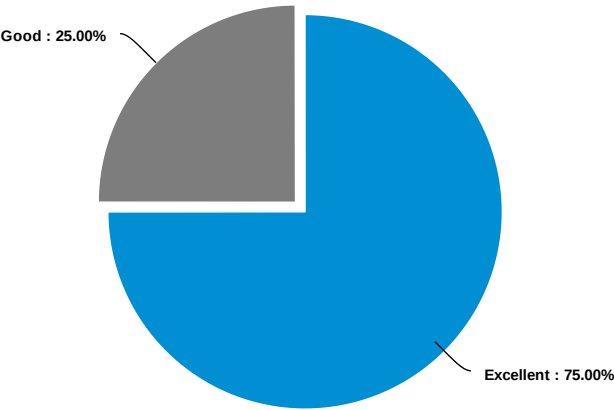
9. Please rate the following aspects of the session / training:



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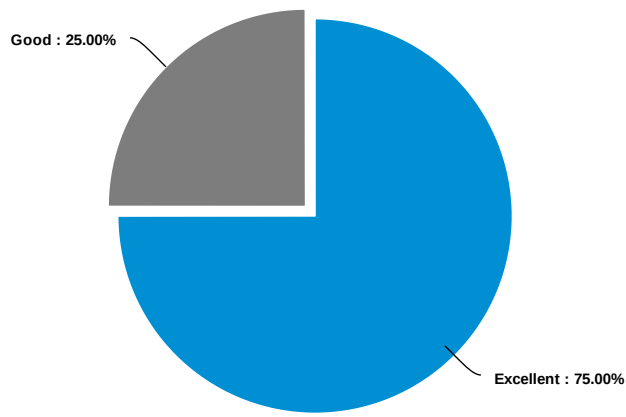
Question	Count	Score	Excellent	Good	Not Good	Poor
Presentation/Style of Facilitator	4	1.25				
Quality and clarity of content	4	1.25				
Visual design and materials	4	1.5				
Overall Enjoyment	4	1.75				
Average		1.44				

Presentation/Style of Facilitator



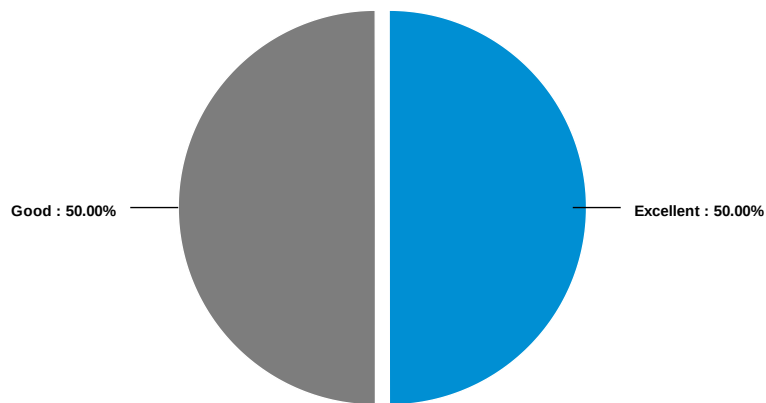
Answer	Count	Percent	20%	40%	60%	80%	100%
Excellent	3	75%					
Good	1	25%					
Not Good	0	0%					
Poor	0	0%					
Total	4	100 %					

Quality and clarity of content



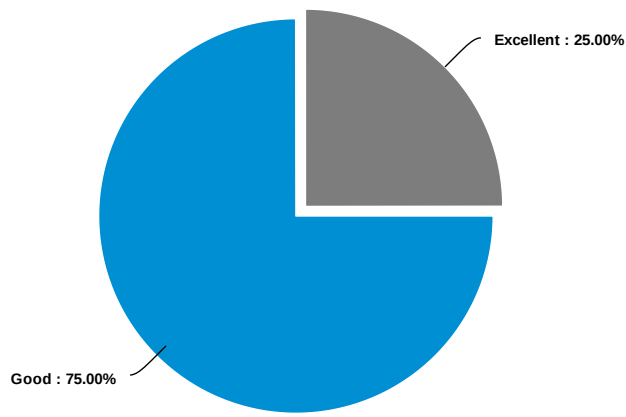
Answer	Count	Percent	20%	40%	60%	80%	100%
Excellent	3	75%					
Good	1	25%					
Not Good	0	0%					
Poor	0	0%					
Total	4	100 %					

Visual design and materials



Answer	Count	Percent	20%	40%	60%	80%	100%
Excellent	2	50%					
Good	2	50%					
Not Good	0	0%					
Poor	0	0%					
Total	4	100 %					

Overall Enjoyment



Answer	Count	Percent	20%	40%	60%	80%	100%
Excellent	1	25%					
Good	3	75%					
Not Good	0	0%					
Poor	0	0%					
Total	4	100 %					

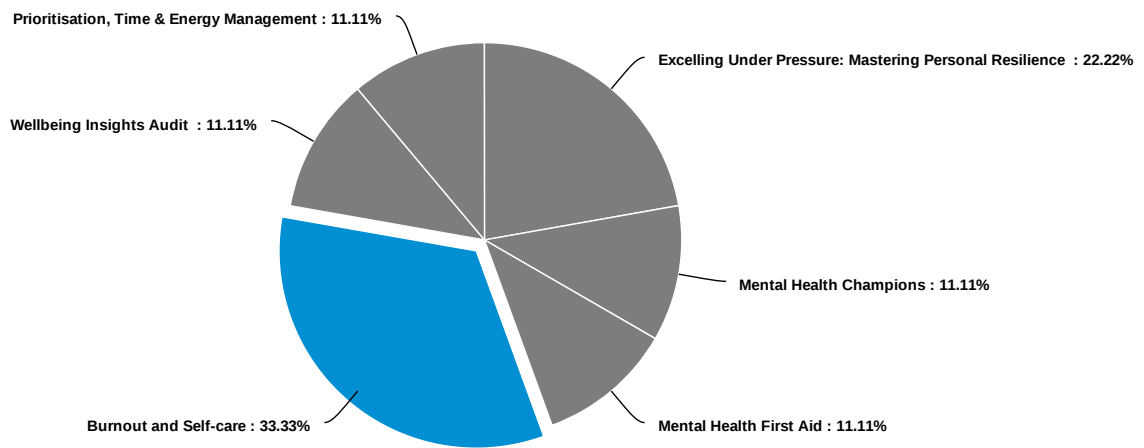
10. What could we improve about this session to make it even more valuable?

15/07/2026	207734226	Improving participation through inactive exercises
15/07/2026	207733813	Perhaps longer half day not enough

11. If you had a magic wand, what would you improve in your community or organisation to further support wellbeing and performance?

15/07/2026	207734247	Spreading the work load
15/07/2026	207734226	Creating a more active wellbeing culture, not just mandatory trainings and occasional summer events.
15/07/2026	207734207	.
15/07/2026	207733813	More empowerment

12. Which of the following courses do you think you or your organisation / community would benefit from?



Answer	Count	Percent	20%	40%	60%	80%	100%
Excelling Under Pressure: Mastering Personal Resilience	2	22.22%					
Managers Managing Wellbeing	0	0%					
Mental Health Champions	1	11.11%					
Mental Health First Aid	1	11.11%					
Train The Trainer	0	0%					
Leading Psychological Safety	0	0%					
Burnout and Self-care	3	33.33%					
Wellbeing Insights Audit	1	11.11%					
Prioritisation, Time & Energy Management	1	11.11%					
'What if...?' Thinking	0	0%					
Financial Wellbeing	0	0%					
Other (Please state)	0	0%					
Total	9	100 %					

12. Which of the following courses do you think you or your organisation / community would benefit from? - Text Data for Other (Please state)

13. On a scale of 0–10, how likely are you to recommend this programme to a colleague / friend / family member?

Question	Score	0	10
Slide the scale	8.25		
Average	8.25		

14. Could you please provide a testimonial in response to the workshop you partook in?

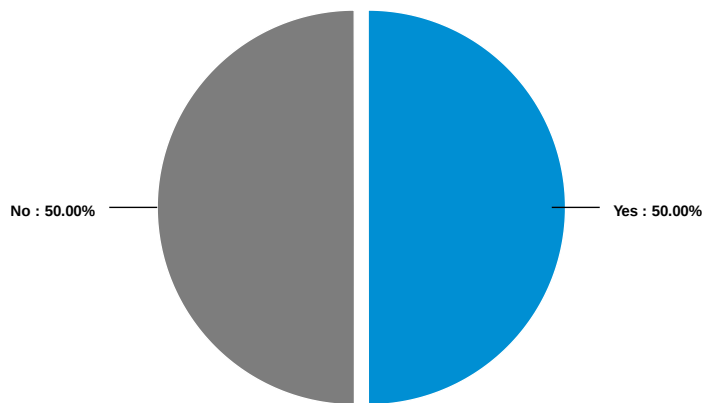
15. Name (Optional)

15/07/2026 207733813 Lee Ford

16. Email (Optional)

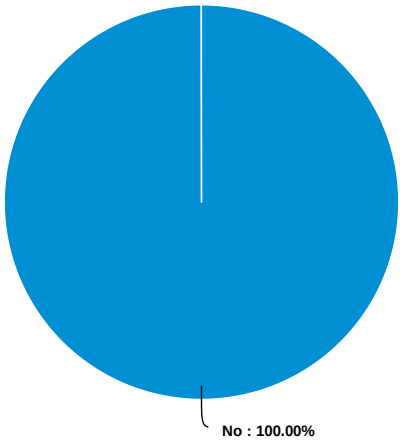
15/07/2026 207733813 fordy71@me.com

17. Would you like to receive information on the courses you selected in Question 12?



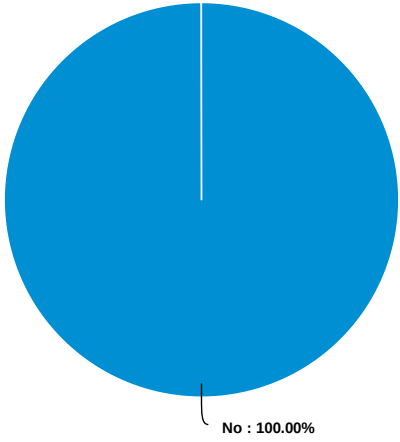
Answer	Count	Percent	20%	40%	60%	80%	100%
Yes	1	50%					
No	1	50%					
Total	2	100 %					

18. Do you consent for your details to be kept on our database for contact reasons?



Answer	Count	Percent	20%	40%	60%	80%	100%
Yes	0	0%					
No	2	100%					
Total	2	100 %					

19. Would you like to receive our newsletter if you are not already receiving it?



Answer	Count	Percent	20%	40%	60%	80%	100%
Yes	0	0%					
No	2	100%					
I am already signed up	0	0%					
Total	2	100 %					