

Post-Survey Suggested Questions

1. Name
2. Name of trainer
3. Area of GM based in
4. How do you rate your current knowledge and understanding of mental wellbeing? With 1 being no knowledge and 8 being extremely knowledgeable.
5. How do you rate your skill to have effective conversations about mental wellbeing ? With 1 being not at all skilled and 8 being extremely skilled.
6. To what extent do you have resources and tools to hand that support you to have effective conversations about mental wellbeing? with 1 being not at all and 8 being very much so.
7. How confident do you feel to have conversations about mental wellbeing within your workplace culture? with 1 being not at all confident and 8 being extremely confident.
8. How much do you think that the people you work with want you to start a conversation about mental wellbeing? With 1 being not at all and 8 being very much so.
9. How confident do you feel that having a conversation about mental wellbeing with the people you work with will have a positive effect? With 1 being not at all confident and 8 being extremely confident
10. How much did your trainer listen to you as learners during the session? with 1 being not at all and 5 being all the time.
11. How often did your trainer celebrate learner contributions and successes? with 1 being not at all and 5 being frequently.
12. How much did your trainer use language to praise, support and show positive regard to learners? with 1 being not at all and 5 being all the time.
13. How often did your trainer speak with an enthusiastic tone? with 1 being not at all and 5 being often.
14. How much did your trainer use verbal and non-verbal communication to indicate that they were listening to you as learners? with 1 being not at all and 5 being all the time
15. How often did you trainer use words to encourage you as learners? with 1 being not at all and 5 being all the time
16. How much did your trainer demonstrate their own curiosity and interest in the topic of mental wellbeing? with 1 being not at all and 5 being very much so.
17. How much did you feel your trainer helped you develop your knowledge and understanding of mental wellbeing? With 1 being not at all and 5 being as much as possible
18. How much did you feel your trainer helped you think about how you might put your learning into practice when you go back to work? with 1 being not at all and 5 being as much as possible.
19. What did you find most useful about today's session
20. Do you have any suggestions for improving the online delivery for future courses?
21. Please leave us any other feedback