Please select your Organisation:	Please select the title of the course attended:	Date you attended (if multiple days, please enter the start date)	The administration I received from UK SBS prior to the course was helpful	Please comment:	I understood the learning objectives and how these related to my training need.	Please Comment:	The course held my interest throughout the duration.	Please Comment:2	The facilitator enhanced my learning experience	Please Comment: 3	The presentation style of the facilitator contributed to my learning experience.	Please Comment:3	I had the opportunity to interact and ask questions during the course.	Please Comment: 6	I was given the opportunity to demonstrate my new knowledge and skills during the course.	Please Comment: 2	I will be able to apply what I learned during the course to my job.	Please Comment: 4	I would recommend this course to colleagues.	Please Comment: 5	Before the course:	After the course:	Do you anticipate any barriers in implementing what you have learnt on the course?	What positive impact do you expect to see as a result of applying what you learnt on the course in your job?	Please advise how you feel the training could be improved?	What one specific aspect of the learning will you implement in your job?
UK SBS	Stress Awareness	20/01/2022	4	It gave me a lot to take away from it. Stuff I had never thought about before	4	The objectives were easy to understand and and felt realistic to meet in the long/short term	3		4		4		4		More than willing to let people contribute through out the course	4		3		3		2	4	A few basic barriers that are a simple part of life	Don't sweat the small stuff, have more belief	Maybe shorten it down a little bit	Take a negative and try to interpret it into a positive
UK SBS	Stress Awareness	14/03/2022	4		4		4		4		4		4		4		4		4		2	4	Situational - however the course helped me on a personal level	Changed my way of thinking and approach	N/A	Stress coping process and methods to combat this
UK SBS	Stress Awareness	14/03/2022	4		4		4	Really interesting course, I enjoyed the mix of breakout rooms and group	4	Created a safe learning environment where we could discuss a sensitive topic	4		4	The small group worked well in order to freely discuss sensitive topics and to suggest	4		4		4		4	5	N/A	Hopefully I can continue to create a healthy lifestyle and healthy mind, which will help me excel in my work.	N/A - was a brilliant course	To take my breaks! To make sure I learn to step away from my computer more.

								discussions						our own indeas.										
UK SBS	Mental Health Aware	18/10/2022	3	The duration of the calendar invite was less than the actual course.	4		4		4		4		4		2		4		4		3	4	No	Being more confident in approaching discussion around mental health	Unsure	Not trying to fix things for people
UK SBS	Mental Health First Aid (MHFA) Refresher Training	22/11/2022	4	Provided the links needed and the information regarding the course in good time.	4	The course was well designed and appropriate for the attendees	4	the course did hold my attention throughout the duration of it and will continue to do so.	4	Suzanne was very good at delivering the course and dealing with the initial technical hiccup by keeping us informed. Enjoyed the course even though a very serious subject.	4	The pitch and presentation were perfect for the way I like to learn	4	Questions were welcomed during the course and contributions were invited but not demanded given the subject matter.	4	It was a refresher course but we were able to demonstrate what we had remembered etc.	4	As an MHFA this will be invaluable.	4	If they have done the original course then yes, I would recommend that they follow up with a refresher course at the appropriate time.	4	5	No	I will be able to continue to provide support where needed and at the right level.	I don't think it can be.	To listen properly
UK SBS	Mental Health First Aid (MHFA) Refresher Training	22/11/2022	4		4		4		4		4		4	Good Breakout sessions	4	encouraged to discuss	4	Refresher course was good for reminder	4		3	4	No	Being able to support colleagues/team	Trainer was experiencing some tech issues	Never make assumptions.
UK SBS	Mental Health First Aid	22/11/2022	4	Details sent and material	4		4	Yes was really interest	4	Sje did really well even with tehnology issues	4		4		4		4		4		5	5	No	A refresher on assisting	I was happy with the training	Pretty much all of it,

	(MHFA) Refresher Training			s arrived at my home in advance of meeting.				ing and adapted well to the group															staff with their mental health	and wouldn't necessarily change anything.	really useful
UK SBS	Mental Health First Aid (MHFA) Refresher Training	30/11/2022	4	It was fine, I received an invite with link. Material was sent by external organisation.	4	As a trained MH First Aider I understood the formal requirement for a refresher and from a personal point of view was happy to cover important points again.	4	We moved through many different areas of mental health quite quickly and all information was relevant and interesting.	4	Interaction was good, there were exercises and plenty of opportunity to share experiences/questions	3	It worked well on Zoom and the interaction meant that it was not just the facilitator talking.	4	As above, plenty of chance for the whole group to ask questions (and we did).	3	We were asked for our opinions/experience. It maybe wasn't the sort of course where you could be asked to demonstrate new knowledge.	4	As a MH First aider and manager, everything I learned will be useful	4	I really enjoyed it and found it extremely useful. As a refresher it's not exactly something I could recommend to everyone, but I'd certainly recommend it to anyone who had the initial training some time ago.	3	4	No	The positive effect will be on individuals who talk to me about their mental health problems.	Maybe make it a bit longer? It was a lot to fit into 4 hours.	As a MH first aider I have to implement all of it.
UK SBS	Mental Health First Aid (MHFA) Refresher Training	30/11/2022	4		4		4		4		4		4		4		4		4		5	5	n/a	Refreshed approach to MHFA role	n/a	Remembering the ALGEE focus

UK SBS	Mental Health First Aid (MHFA) Refresher Training	30/11/2022	4		4		3	Too many break out exercises wanted more theory i.e. hints and tips as opposed to theoretical discussions	3		3		4		4		4		4		4	5	No	Can support individuals with challenges relating to mental wellbeing	Less break outs and a good one to do in person. Also be great to meet individuals who have experience mental wellbeing issues and their approach to recovery. Also would have been good to have received a copy of the slides shared as they had useful supporting materials and videos we could draw upon.	Promote useful materials shared in the session