

AVP Level One Workshop Evaluation Form



Where was your workshop held?

Date of workshop?

The purpose of the workshop is to help you develop understanding and skills to handle conflict in your life better. The point of this form is to find out if we've succeeded in doing so. We would appreciate your feedback and how the workshop has made a difference for you.

1 GENERAL FEEDBACK [Please circle your responses]

1.a Overall, how did you find the workshop?

Excellent Good OK Not very good Poor

1.b On the first day you wrote down what you wanted from this course. Has it met your expectations?

Yes No

1.c Why or why not?

2 LISTENING SKILLS [Please circle your responses]

2.a At the end of the workshop I know how to listen attentively to another person.

A lot better A little better No better than before

2.b At the end of the workshop I know how to show the other person I am listening.

A lot better A little better No better than before

2.c At the end of the workshop I know how to make sure I've heard what the person actually said before replying

A lot better A little better No better than before

Could you use any of the listening skills in a current conflict that you are experiencing in your life? Yes No If so, how would you use them?

3 UNDERSTANDING OTHER PEOPLE [Please circle your responses]

3.a At the end of the workshop I can say what I think and feel without blaming someone else

A lot better A little better No better than before

3.b At the end of the workshop I can look at the situation from the other person's point of view

A lot better A little better No better than before

3.c At the end of the workshop I can listen to someone I disagree with without arguing with them

A lot better A little better No better than before

3.d Could you use any of those communication skills in a current conflict that you are experiencing in your life? Yes No If so how would you use them?

4 MANAGING CONFLICT BETTER [Please circle your responses]

4.a At the end of the workshop I am clear about the difference between anger, conflict and violence.

A lot clearer A little more No more than before

4.b At the end of the workshop I can identify the problems which cause the anger I feel.

A lot better A little better No better than before

4.c At the end of the workshop I can use skills/techniques to help me resolve conflict non-violently.

A lot more A little more No more than before

4.d As a result of the workshop I feel confident/optimistic about how I will manage conflict

A lot more A little more No more than before

AND FINALLY...

What is the most useful or helpful thing you learnt on this workshop?

Is there any way in which this workshop could be improved?

Any other comments?

Would you be interested in further support with the changes you are trying to make?

[Please circle your responses]

Yes No

We might like to use comments you make on this form in our publicity and fundraising work. We would never use your name. **Please put a cross in the box if you are happy for us to use your comments.**

Finally, if there is anything you would prefer not to write on this form, but believe is important for us to know, please contact the AVP National Office.

THANK YOU!