

## BEING RIGHT HERE DOING RIGHT NOW *building mental and academic resilience*

### Evaluation Form

In order to ensure that I improve my delivery, your feedback would be very much appreciated. Please take a few moments to fill out this evaluation form.

In general rate and comment below on the following:	Excellent				Poor
The environment created.	5 ✓	4	3	2	1
The suitability of the session.	5 ✓	4	3	2	1
The knowledge of the facilitator.	5 ✓	4	3	2	1
The organisation and presentation of session	5 ✓	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5 ✓	4	3	2	1
The relevance of the workshops to you. <del>presentation &amp; your personal</del> Super relevant	5 ✓	4	3	2	1

What did you find the most useful?

presentation & self experiences.

What did you find least useful?

The activity sheets.

Thanks for your participation



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The knowledge of the facilitator.	(5)	4	3	2	1
The organisation and presentation of session	5	(4)	3	2	1
The way in which the facilitator held your interest and supported your learning.	(5)	4	3	2	1
The relevance of the workshops to you.	5	(4)	3	2	1

What did you find the most useful?

The information that I interpreted, being an Information Sponse, like the speaker, I learnt quite alot

What did you find least useful?

nothing, I found everything useful for myself

Thanks for your participation

Its alright.

email: Sidhart datt 7@gmail.com

ENGAGE • PROMOTE • PERFORM



I'D like you to be my accountability

Person, ~~person~~, I'd like you to mentor me! where.

# BEING RIGHT HERE DOING RIGHT NOW

*building mental and academic resilience* G40

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The organisation and presentation of session	(5)	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	(5)	4	3	2	1
The relevance of the workshops to you.	(5)	4	3	2	1

What did you find the most useful?  
HOW HE USED "BLOOD, SWEAT & TEARS"  
AS AN EXAMPLE

What did you find least useful?  
NOTHING

Thanks for your participation  
@HootiganHuez



## BEING RIGHT HERE DOING RIGHT NOW

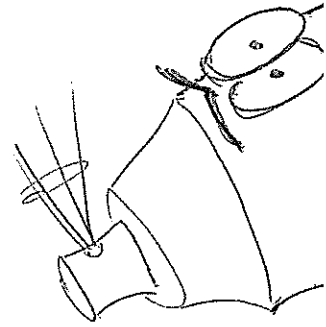
*building mental and academic resilience*

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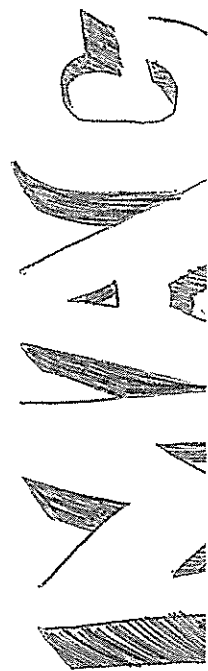
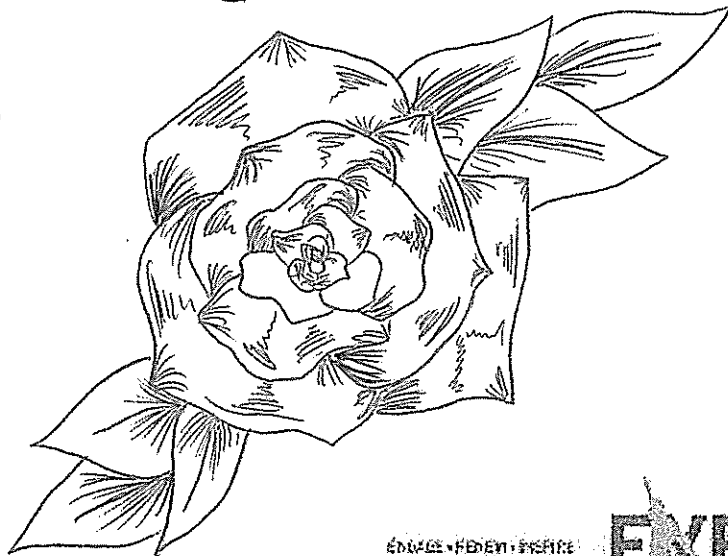
	Excellent					Poor
The environment created.	5	4	3	2	1	
The suitability of the session.	5	4	3	2	1	
The knowledge of the facilitator.	5	4	3	2	1	
The organisation and presentation of session	5	4	3	2	1	
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1	
The relevance of the workshops to you.	5	4	3	2	1	



What did you find the most useful?

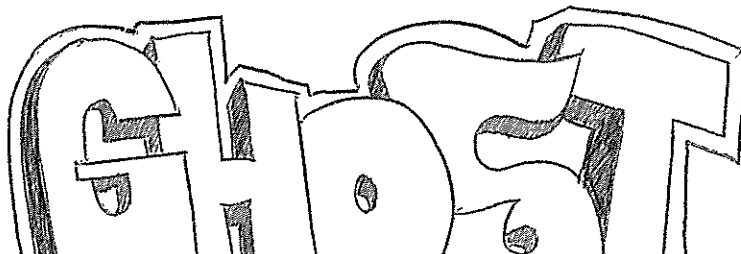
*Worksheets*

What did you find least useful?



Thanks for your participation

ENGAGE • EMBODY • EXPRESS



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The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

Do what you want to do. "Don't let others define who you are." - Jayos.

What did you find least useful?

Nothing.



Thanks for your participation

EMR • EMB • EMB • EMB



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The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

How to block out "noises"

What did you find least useful?

Nothing

Thanks for your participation

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The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

*The steps to getting where  
i want*

What did you find least useful?

*nothing*

Thanks for your participation

ENGAGE • ENDEAVOUR • INSPIRE



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The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

Spoken words and the message that was delivered was useful to me.

What did you find least useful?

Nothing.

Thanks for your participation



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The knowledge of the facilitator.	⑤	4	3	2	1
The organisation and presentation of session	5	④	3	2	1
The way in which the facilitator held your interest and supported your learning.	⑤	4	3	2	1
The relevance of the workshops to you.	5	④	3	2	1

What did you find the most useful?

*to reach my goals*

What did you find least useful?

*Nothing*

Thanks for your participation

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The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

- Don't let noise disturb your focus
- The stages of achievement, dopamine, attitude...

I wish:  
 @soft is means

What did you find least useful?

-

Thanks for your participation



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The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

I found the overall session useful because I needed this talk to help further more motivate myself.

What did you find least useful?

Nothing, it all was useful in away a way.

Thanks for your participation

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The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful? motivation

What did you find least useful? about me ~~\_\_\_\_\_~~

Thanks for your participation

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The knowledge of the facilitator.	5	4	3	2	1	
The organisation and presentation of session	5	4	3	2	1	
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1	
The relevance of the workshops to you.	5	4	3	2	1	

What did you find the most useful?

*What we need to continue to push forward & grow.*

What did you find least useful?

Thanks for your participation



20<sup>th</sup>

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The knowledge of the facilitator.	5	④	3	2	1
The organisation and presentation of session	5	④	3	2	1
The way in which the facilitator held your interest and supported your learning.	⑤	4	3	2	1
The relevance of the workshops to you.	5	④	3	2	1

What did you find the most useful?

The information given + the stories told

What did you find least useful?

the seating, it was ~~se~~ tight...

Thanks for your participation

Maylae :)

EMERGE • FIDEM • RESILIE



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The knowledge of the facilitator.	5 ④	3	2	1	
The organisation and presentation of session	⑤ 4	3	2	1	
The way in which the facilitator held your interest and supported your learning.	⑤ 4	3	2	1	
The relevance of the workshops to you.	5 ④	3	2	1	

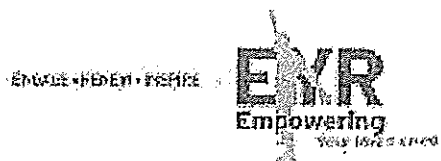
What did you find the most useful?

*The relatable stories*

What did you find least useful?

*I don't know...*

Thanks for your participation



*I want a taco  
 ↑  
 Hannah Pope, 11B*

*(It would be appreciated)*

*Thank class*

Skeet

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Evaluation Form

Skeet

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In general rate and comment below on the following:

Excellent

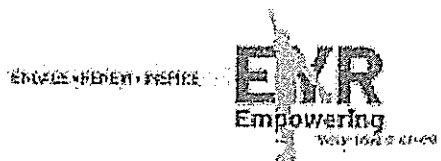
Poor

The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

What did you find least useful?

Thanks for your participation



[Handwritten signature]



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The knowledge of the facilitator.	5	4	3	2	1					
The organisation and presentation of session	5	4	3	2	1					
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1					
The relevance of the workshops to you.	5	4	3	2	1					

What did you find the most useful?

The relatable experiences/stories.

What did you find least useful?

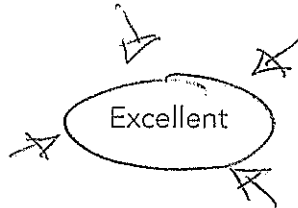
Thanks for your participation

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The suitability of the session.	5	4	3	2	1	
The knowledge of the facilitator.	5	4	3	2	1	
The organisation and presentation of session	5	4	3	2	1	
The way in which the facilitator held your interest and supported your learning.	6	5	4	3	2	1
The relevance of the workshops to you.	10	5	4	3	2	1

What did you find the most useful?

- Relativity to our generation
- Demonstrations
- Eddie's expression while presenting & the atmosphere created

What did you find least useful?

Nothing 😊

Thanks for your participation

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The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

THE WAY THE SPEAKER CAN CONNECT WITH THE AUDIENCE. THE INFORMATION WAS USEFUL.

What did you find least useful?

Thanks for your participation



20/02

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The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

powerpoint + message

What did you find least useful?

1 N/A

Thanks for your participation



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The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

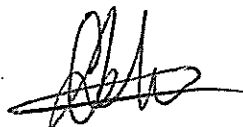
What did you find the most useful?

Everything that was said, but especially about  
accountability & Discipline

What did you find least useful?

—

Thanks for your participation



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The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

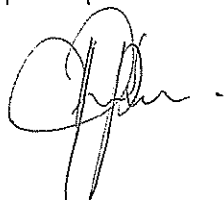
What did you find the most useful?

The Steps he explained and his examples towards it was very interesting & relatable.

What did you find least useful?

Nothing

Thanks for your participation



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The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

*The steps into getting there.  
 (Blood, Sweat & Tear).*

What did you find least useful?

Thanks for your participation




20

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The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

*Mr Right Now chart*

What did you find least useful?

*Nothing*

Thanks for your participation

~~XXXXXXXXXX~~

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The suitability of the session.	⑤	4	3	2	1					
The knowledge of the facilitator.	⑤	4	3	2	1					
The organisation and presentation of session	⑤	4	3	2	1					
The way in which the facilitator held your interest and supported your learning.	⑤	4	3	2	1					
The relevance of the workshops to you.	⑤	4	3	2	1					

What did you find the most useful?

*The information given*

What did you find least useful?

*nothing*

Thanks for your participation

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The knowledge of the facilitator.	5	(4)	3	2	1
The organisation and presentation of session	5	4	(3)	2	1
The way in which the facilitator held your interest and supported your learning.	(5)	4	3	2	1
The relevance of the workshops to you.	(5)	4	3	2	1

What did you find the most useful?

*Me Right Now*

What did you find least useful?

*nothing*

Thanks for your participation



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The knowledge of the facilitator.	(5)	4	3	2	1					
The organisation and presentation of session	(5)	4	3	2	1					
The way in which the facilitator held your interest and supported your learning.	(5)	4	3	2	1					
The relevance of the workshops to you.	5	(4)	3	2	1					

What did you find the most useful? *me right now*

What did you find least useful? *nil*

Thanks for your participation




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The environment created.	5					
The suitability of the session.	5					
The knowledge of the facilitator.	5					
The organisation and presentation of session	5					
The way in which the facilitator held your interest and supported your learning.	5					
The relevance of the workshops to you.	5					

What did you find the most useful?

*Most of it*

What did you find least useful?

*?*

Thanks for your participation



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The knowledge of the facilitator.	(5)	4	3	2	1
The organisation and presentation of session	5	(4)	3	2	1
The way in which the facilitator held your interest and supported your learning.	(5)	4	3	2	1
The relevance of the workshops to you.	(5)	4	3	2	1

What did you find the most useful?

discovering the me right now

'Blood - sweat & Tears'

What did you find least useful?

The short game we played in pairs

Thanks for your participation

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The suitability of the session.	(5)	4	3	2	1
The knowledge of the facilitator.	(5)	4	3	2	1
The organisation and presentation of session	5	(4)	3	2	1
The way in which the facilitator held your interest and supported your learning.	(5)	4	3	2	1
The relevance of the workshops to you.	(5)	4	3	2	1

What did you find the most useful?  
Understanding that because I don't know what I wasn't  
Isn't a bad thing

What did you find least useful?  
The game, it was fun but wasn't useful.

Thanks for your participation

All good!



## BEING RIGHT HERE DOING RIGHT NOW

*building mental and academic resilience*

### Evaluation Form

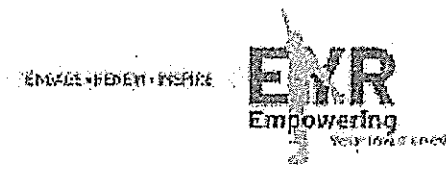
In order to ensure that I improve my delivery, your feedback would be very much appreciated. Please take a few moments to fill out this evaluation form.

In general rate and comment below on the following:	Excellent		Poor		
The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful? *the handout*

What did you find least useful? *x*

Thanks for your participation



## BEING RIGHT HERE DOING RIGHT NOW

*building mental and academic resilience*

### Evaluation Form

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In general rate and comment below on the following:

	Excellent			Poor
--	-----------	--	--	------

The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

nothing

What did you find least useful?

nothing

Thanks for your participation

cool



2019

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### Evaluation Form

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In general rate and comment below on the following:	Excellent		Poor		
The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

The 'here right now' phrase and The Blood sweat & Tears

What did you find least useful?

No thing

Thanks for your participation

## BEING RIGHT HERE DOING RIGHT NOW *building mental and academic resilience*

### Evaluation Form

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In general rate and comment below on the following:	Excellent				Poor
The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

Blood - Sweat - Tears

What did you find least useful?

Nothing

Thanks for your participation

## BEING RIGHT HERE DOING RIGHT NOW

*building mental and academic resilience*

### Evaluation Form

In order to ensure that I improve my delivery, your feedback would be very much appreciated. Please take a few moments to fill out this evaluation form.

In general rate and comment below on the following:

Excellent

Poor

The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful? *the fact that he try to help us find a path*

What did you find least useful? *it was all useful*

Thanks for your participation

20/2/19

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### Evaluation Form

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The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

Information was revealing

What did you find least useful?

IDK

Thanks for your participation

## BEING RIGHT HERE DOING RIGHT NOW

*building mental and academic resilience*

### Evaluation Form

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In general rate and comment below on the following:	Excellent			Poor	
The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	6	4	3	2	1

What did you find the most useful?

*motivational speeches*

What did you find least useful?

*nothing*

Thanks for your participation



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### Evaluation Form

In order to ensure that I improve my delivery, your feedback would be very much appreciated. Please take a few moments to fill out this evaluation form.

In general rate and comment below on the following: Excellent Poor

The environment created.	5	④	3	2	1
The suitability of the session.	⑤	4	3	2	1
The knowledge of the facilitator.	⑤	4	3	2	1
The organisation and presentation of session	⑤	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	⑤	4	3	2	1
The relevance of the workshops to you.	5	④	3	2	1

What did you find the most useful? *made me realize my goals in life*

What did you find least useful?

Thanks for your participation



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Evaluation Form

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In general rate and comment below on the following:	Excellent		Poor		
The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

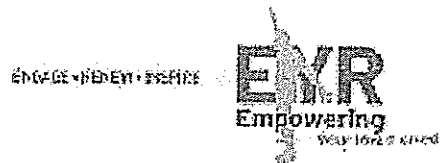
What did you find the most useful?

*Finding out about the steps of Jesse Owens to success*

What did you find least useful?

*Nothing*

Thanks for your participation



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*building mental and academic resilience*

Evaluation Form

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The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

that now was the time to plan for the future & that motivation can come from anywhere, even the hate that people throw at you.

What did you find least useful?

nothing, everything was things that I needed to hear.

/

Thanks for your participation

ENGAGE • BELIEVE • RESILIENT





20th



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## Evaluation Form

In order to ensure that I improve my delivery, your feedback would be very much appreciated. Please take a few moments to fill out this evaluation form.

In general rate and comment below on the following:

Excellent

Poor

The environment created.

5

4

3

2

1

The suitability of the session.

5

4

3

2

1

The knowledge of the facilitator.

5

4

3

2

1

The organisation and presentation of session

5

4

3

2

1

The way in which the facilitator held your interest and supported your learning.

5

4

3

2

1

The relevance of the workshops to you.

5

4

3

2

1

Helps me know what

Hard work is, dedication and wow my knowledge

What did you find the most useful?

Blood, sweat, and tears

Everything !!

What did you find least useful?

Thanks for your participation

Your most  
Welcome.

EMERGE • FIDELITY • RESILIENCE



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*building mental and academic resilience*

Evaluation Form

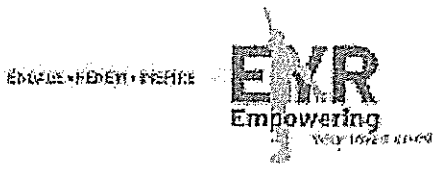
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In general rate and comment below on the following:	Excellent		Poor		
The environment created.	5 ✓	4	3	2	1
The suitability of the session.	5 ✓	4	3	2	1
The knowledge of the facilitator.	5 ✓	4	3	2	1
The organisation and presentation of session	5 ✓	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5 ✓	4	3	2	1
The relevance of the workshops to you.	5 ✓	4	3	2	1

What did you find the most useful?  
 The motivation & honesty of which he spoke.

What did you find least useful?  
 —

Thanks for your participation



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### Evaluation Form

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The environment created.	(5)	4	3	2	1
The suitability of the session.	(5)	4	3	2	1
The knowledge of the facilitator.	5	(4)	3	2	1
The organisation and presentation of session	(5)	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	(5)	4	3	2	1
The relevance of the workshops to you.	(5)	4	3	2	1

What did you find the most useful?

I Found that learning our strengths and weaknesses and knowing what we need to work on.

What did you find least useful?

Nothing

Thanks for your participation

Thank You Mate!



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*building mental and academic resilience*

Evaluation Form

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The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

The exploring of myself and understanding my personality with me right now.

What did you find least useful?

—

Thanks for your participation



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In general rate and comment below on the following:

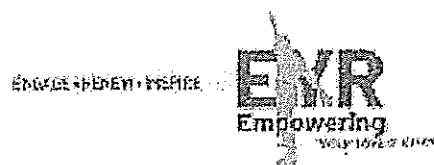
	Excellent			Poor
The environment created.	5	<del>4</del>	3	2 1
The suitability of the session.	5	4	3	2 1
The knowledge of the facilitator.	5	4	3	2 1
The organisation and presentation of session	5	4	3	2 1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2 1
The relevance of the workshops to you.	5	4	3	2 1

What did you find the most useful? *LOL I CAN'T SPELL TO always perservarance through life*

What did you find least useful?

*N/A*

Thanks for your participation



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The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

*The 4 ways of dedication*

What did you find least useful?

*Nothing*

Thanks for your participation

## BEING RIGHT HERE DOING RIGHT NOW

*building mental and academic resilience*

### Evaluation Form

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In general rate and comment below on the following:

	Excellent				Poor
--	-----------	--	--	--	------

The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

Everything was useful all the information was really realistic.

What did you find least useful?

Nothing

Thanks for your participation

## BEING RIGHT HERE DOING RIGHT NOW *building mental and academic resilience*

### Evaluation Form

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In general rate and comment below on the following:	Excellent			Poor	
The environment created.	5	4	③	2	1
The suitability of the session.	5	4	③	2	1
The knowledge of the facilitator.	5	4	③	2	1
The organisation and presentation of session	5	4	③	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	③	2	1
The relevance of the workshops to you.	5	4	③	2	1

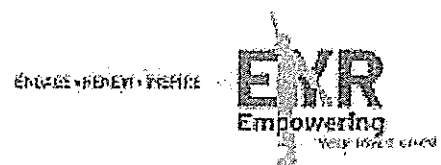
What did you find the most useful?

*Everything*

What did you find least useful?

*nothing at all*

Thanks for your participation





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The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

I found the in-depth discussion and examples of each topic easy and relatable -

What did you find least useful?

Thanks for your participation



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*building mental and academic resilience*

Evaluation Form

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In general rate and comment below on the following:

Excellent

Poor

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The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

Everything HONESTLY

What did you find least useful?

NOTHING

Thanks for your participation

BEING RIGHT HERE DOING RIGHT NOW  
 building mental and academic resilience

Evaluation Form

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In general rate and comment below on the following:  
 Excellent  
 Poor

The environment created.	5	4	3	2	1
The suitability of the session.	5	4	3	2	1
The knowledge of the facilitator.	5	4	3	2	1
The organisation and presentation of session	5	4	3	2	1
The way in which the facilitator held your interest and supported your learning.	5	4	3	2	1
The relevance of the workshops to you.	5	4	3	2	1

What did you find the most useful?

The idea of discipline being such an important part of success.

What did you find least useful?

Nothing at all!!

Thanks for your participation

Thankyou,  
 School Captain

