

## **Feedback for the 21<sup>st</sup>-23<sup>rd</sup> July 2021 training.**

The trainers were great, I am one of those people who would find myself dozing off in the middle of a training but there was no chance of it with Christine and Nina. These ladies were full of life and made the course very interesting.

The trainers were very thoughtful and friendly. Engaged well with each person and did not push the participant to speak out if they did not want too. Both Chris and Nina made the course relaxing and comfortable as well as enjoyable

The training was very relevant to my post as I work within the Safeguarding Children's team. I can utilise this course to be able to engage with the young people I work with using resources advised. It has also made me more aware of my own personal situation

All of the content was relevant. I enjoyed the role play as it does help you think deeper and be more aware of the content being taught

The training was very useful, aside from the plan to facilitate the course at our Turning Point hub. I'm already thinking about how I can use the session content in some of my one-to-one sessions with vulnerable clients. Despite the obviously emotive content, the course was uplifting and positive and will really help develop the service we provide in the community. Thanks again Chris and Nina.

The trainers were brilliant, and delivered the training in an interesting and knowledgeable form, they made me feel at ease, and were so encouraging when I was nervous about contributing to some of the answers, thank you

The trainers were great and gave good clear examples which were relevant and thought provoking. Trainers were very knowledgeable and supportive.

Very useful and easy to follow, everything flowed seamlessly, and it was delivered by two excellent trainers, I will be recommending this training to my line manager, and others that will be joining Gorwel in future, thank you very much

I found the content very useful; the material was not overbearing and it was precise. I look forward to completing the one to one and the men's programme.

I found the training very engaging. The trainers spoke about examples which was easy to understand and were able to answer any questions. They also included everyone when asking for examples and explaining if anyone was not sure of anything.

The training was very relevant. As a refuge worker that has participated in the Freedom Programme previously, I feel I have learnt a lot and am now confident to talk more in the sessions and answer any questions individuals may have. I feel I understand the programme more in depth than I previously did. I particularly thought the 'Persuader' was relevant to my job role as it applies to many of the survivors I support and is a subject they find hard to understand.

The content was very useful as it included information I was not aware of before. Some aspects of 'Impacts of the Children' were quite intense but very useful. As a worker that does not work directly with children, I feel I can empathise and understand with women attending the Freedom Programme.

I loved the way the training included the format of each session, online sessions and in person sessions.

The Freedom Programme website was also covered which was relevant so it can be utilised via the delivery.

Both the trainers were really engaging. They made sure to include everyone and split the day up with breaks to ensure engagement was maintained throughout

The training content was very useful in helping me to prepare to run my first freedom programme group.

The trainers were very engaging and were very sensitive to the experiences of all participants. Nina and Christine did not make anyone feel pressured to participate.

As I work in safeguarding children within the child protection setting the training is very relevant to my role.

The use of animations was a good use of resources.

The training is very useful as I can now use it when working with families. I thought that adopting the role of the perpetrator and victim really helped to understand the different perspectives of those affected by domestic abuse.

Chris and Nina were very knowledgeable and skilled. Their life experiences and examples anonymised of scenarios brought the subject matter to life. The blend of both personalities worked perfectly. They used humour appropriately and different methods to engage the participants in difficult subject matter. The role play in person was outstanding and brought the subject matter to life.

Very relevant to the work I am involved in. It will help as I manage a team to and work with victims and share the resources provided.

It has also shown a need for the team to have a team day to ensure that we share some of what was learned and some resources purchased.

The scope of the training was excellent. Perhaps an awful lot to process in three days consecutively. It enlightened me to so much more and refreshed my knowledge.

I certainly feel that as a service along with another person I could consider facilitating a group now. The continued access to advise via email if we have questions or hurdles with the first run certainly feels supportive and reassuring

Both trainers were very engaging, not an easy task facilitating training online.

They worked well together and the flow and pace were great.

All content was relevant to be able to run a program, it was great to have tips and practical advice of how to run a group.

Trainers were very engaging clear and concise. Course delivered with care compassion and courtesy to the trainees.

Training content was excellent very informative lots of content and more.

The trainers were really engaging and created a friendly and confident environment, even over Zoom! I found that I could participate in the sessions and felt that my feedback was appreciated.