

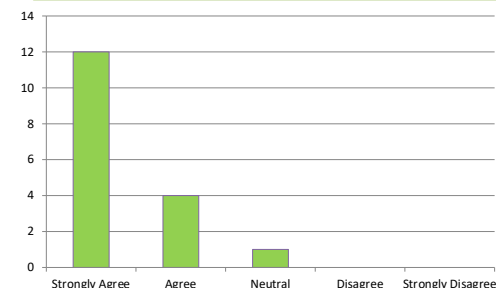
# FEEDBACK: Wellbeing 101 Wānanga, 20-21 Apr 23



- "The Wānanga is well structured with theory and practical activities. As a soldier the content is very familiar to our roles that we have. A lot is a formal reminder of areas we have forgotten. Worthwhile for military personnel but would be effective being delivered in a civilian environment, ie business or corporate level organisations."
- "Revisited and utilised concepts that I had previously been exposed to, but in a different context. Promoted kinesthetic methods to reinforce concepts. Inclusion of Te Reo Māori to place in a New Zealand context was gold."
- "Enlightening material. Vibrant, happy, fun environment. This is highlighted through the delivery of info, content, variety, shared video clips, games, powerpoint, and speaking. Very engaging. Everything discussed is familiar with SNCO's but it's the sharing that highlights learning discussed in framework. Target group for training would be JNCO level. Recommendation to higher on completion of the course. The question is "what is in it for me and my soldiers"
- "I've been taken through this before, however the way this is put across is easy to understand and follow. The environment we worked in was relaxed and we all got to know each other. If this was conducted in uniform that would be different."
- "So many gems which has inspired me. Made it easy to understand the why and remember the lessons due to the activities."
- "Engaging and encouraging. Starts off with what is important for "good relationships" and builds on from this. Eye opening and sharing experiences which I can bring forward to my life and my work."
- "The training experience over the last two days have personally highlighted for me areas in my home life, work life and personal work on and tools to help me improve. I have gained more clarity and knowledge from this wānanga, and I am excited to grow from here. Thoroughly enjoyed the content and interactions on this wānanga, great facilitator."
- "An excellent balance of learning styles, e.g., it was great doing hands on activities. It was extremely relevant to the military environment that I am working in. This course was extremely well organised and run. Excellent planning."
- "Very engaging learning. I can switch off during the second half of the day in a classroom environment, and this is the first time I haven't. It is information everyone knows however it goes into detail on why it is all important with material to help practice which I think any human can benefit from. Out of any course relating to well being, personal, lead, teamwork etc, this one has been by far the most beneficial."
- "Very good kaupapa, provides a lot of tools to start someone's journey. Good flow and the way each tikanga combines and supports the takiwā. This training will have great effect on other organisations as well."
- "Very informative wānanga. A safe place for vulnerability. Provided excellent tools and advice for my future."
- "Referred a number of activities that I have already heard, but in a different context. This would be helpful for a number of people but needs to be targeted correctly."
- "An effective and interactive journey to becoming a better person. An opportunity to take the time to re-evaluate my own path and provide options to move forward. A well-presented discussion allowing feedback and story-telling relevant to outcomes."
- "Easy to follow and relate to. Nice and relevant Māori context to keep it aligned with Ngati Tū vision."
- "I liked the content that potentially could be even more beneficial for our younger generation. However, I think it is important that us as senior leaders/WO's attend these to better understand ourselves and to listen to our soldiers/others. I appreciate the tools that were presented. It made me reflect in quite a few aspects."
- "I like how balanced the wānanga is and how Te Reo Māori interacts. There are a lot of tools within the framework that suits our soldiers. As a senior leader it's good to be reminded that we can learn new things and that our learning journey never stops."
- "A great way to reconnect with past experiences that solidifies my leadership journey. Focus is predominately on me to become a better person."

**Please Note:** Comments to improve the wānanga have been captured separately.

## EFFECTIVE TRAINING (Does this wānanga provide effective training?)



## RECOMMENDATION (Would you recommend this training to others?)

