

# FEEDBACK: Wellbeing Workshop, 16-17 Mar 23



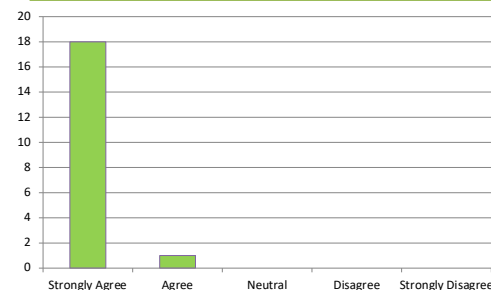
## SUMMARY OF COMMENTS:

- *"This is the first workshop I have attended that asked that I put myself first. It was invigorating and John Cook's personality enabled it to be a thoroughly enjoyable 2 days. What I take away, means a lot, and encourages me to look after myself and become a better person"*
- *"I've done a lot of leadership training which is all the same. This training filled the spaces that I've always felt were missing in other training. Eye opening, different, effective, engaging and mostly FUN! I went home and immediately shared the activities and put into action"*
- *"A very powerful and relevant course that inspires to implement positive change in all aspects of life. Key messages are positively visualised to enhance understanding through a variety of activities that as a by product generate much laughter and fun. An ideal opportunity for teams and groups to get together and add value and growth to themselves, their workplace, family and community"*
- *"Awesome opportunity to look internally and create a better me for others. Provided the tools to enable a more effective team. Translated and delivered so everyone could relate to it"*
- *"Very empowering, increased matauranga. Interactive with a good variety of learning exercises. Very enjoyable, motivational and inspiring"*
- *"The information is well thought out and very well presented. The workshop provides an invaluable guide on how you can improve as a member of a team, as an individual in a team and as a person. As a member of the NZDF for over 22 years I have never seen leadership or wellbeing training delivered in such an easy to understand, succinct and useful package"*
- *"Self development, ability to grow in oneself, see what's important"*
- *"Really enjoyed the whole concept. It helped me realize how much I need to look after myself to be a better leader. I love the interactive exercises. It provided opportunity to see the leadership come forward within the group. Our marae committee and whanau could benefit greatly from this workshop. It encourages unity and a start point looking forward"*
- *"This training has made me take a better look at myself. It has made me realise I do count. Love, laugh and sing will make a better world to live in"*
- *"Inspiring!! I will be taking all the tools and lessons I was given and will implement them in whanau, workplace and everyday life to be a better version of myself and to empower others to also be better"*
- *"Informative, covered all aspects of what is required to thrive in a team/family unit. Learnings, being able to learn things about myself that I knew but have not been applying in family/work. Course info, Lots of relevant contents in the workshop to be able to provide work/life balance"*
- *"This workshop made me take a hard look at myself and to use the training to make me a better person. Information in the workshop was relevant and pertinent to my improvement over time. Workshop was well presented and should be made available to all NZDF pers"*
- *"I have had exposure to the content through my partner, however this experience has made me take more interest in the subject. John delivered a well thought out and engaging experience. Life Changing!"*
- *"Personal to enable growth. Focus on others to build team. To be best version of myself. Thought provoking and great team exercises. Thank You."*
- *"It has empowered me to be a better person. Given me tools to be able to understand and listen. Knowing it is ok to take time for me"*
- *"Systematic delivery of training leaving me better equipped and empowered to be a better person, boss and begin a healing journey"*
- *"This workshop raises significant awareness of aspects of their work and home that could be added to and enhanced. This can only be a positive in work and home situations. Outcomes for work can be more productivity and workers can feel a lot better about self. I would endorse as being helpful and uplifting"*
- *"Provides a positive recognition that individual is important. See that to be effective a person must maintain valued relationships as opposed to toxic ones. Noted value of empathic listening"*

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

### EFFECTIVE TRAINING

(Does this workshop provide effective training?)



### RECOMMENDATION

(Would you recommend this training to others?)

