

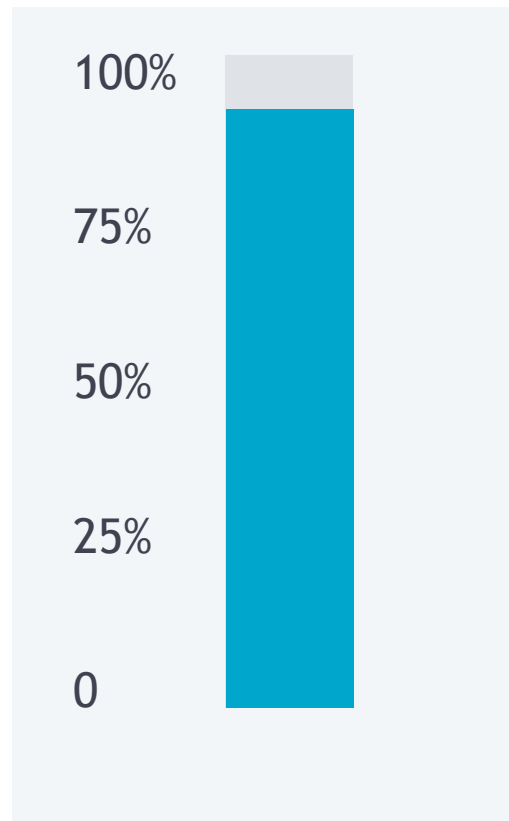
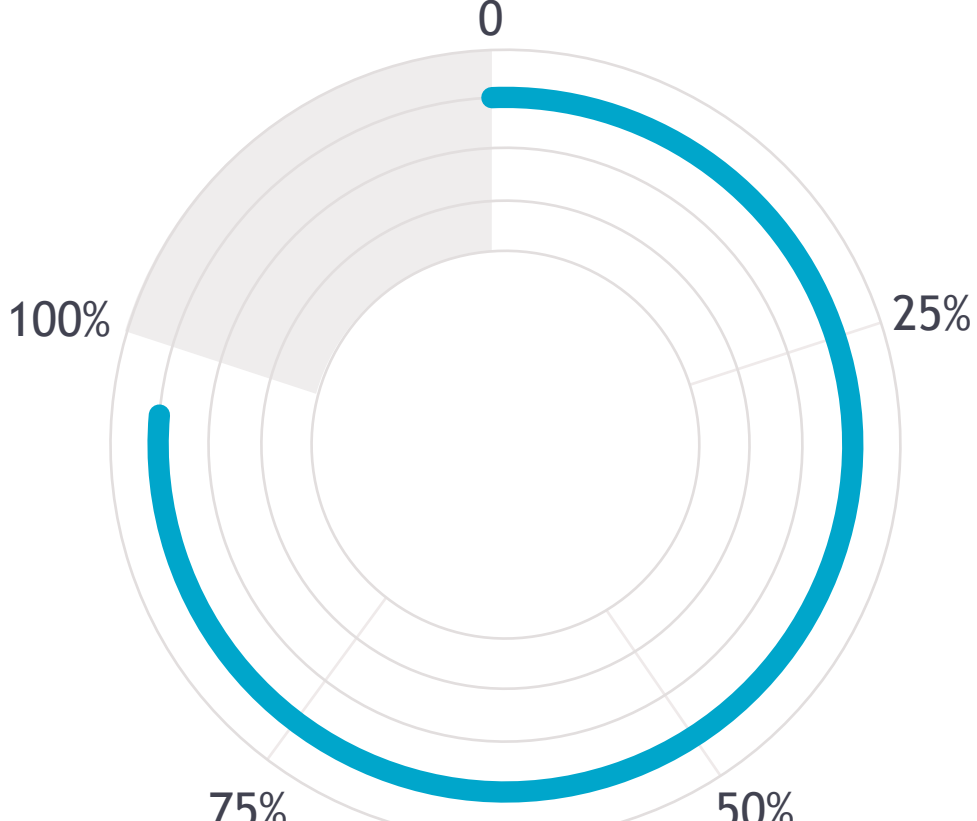
# CHRISTS COLLEGE GUILDFORD

Workshop: Resilience

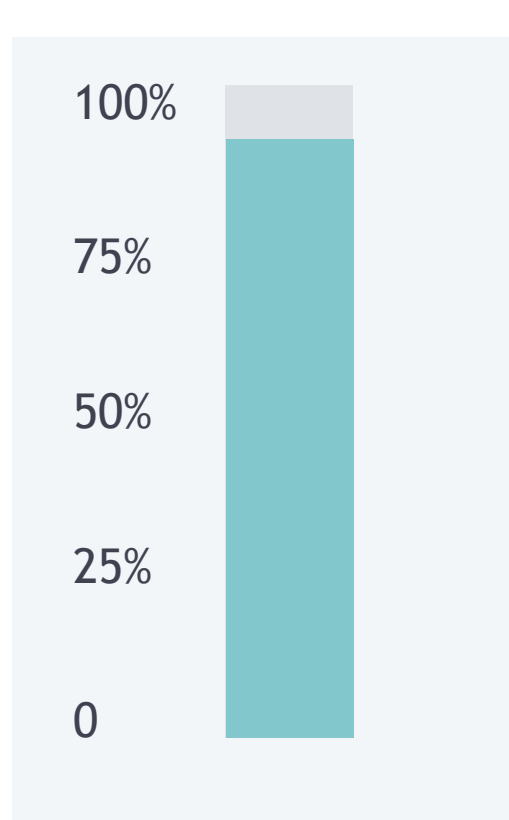
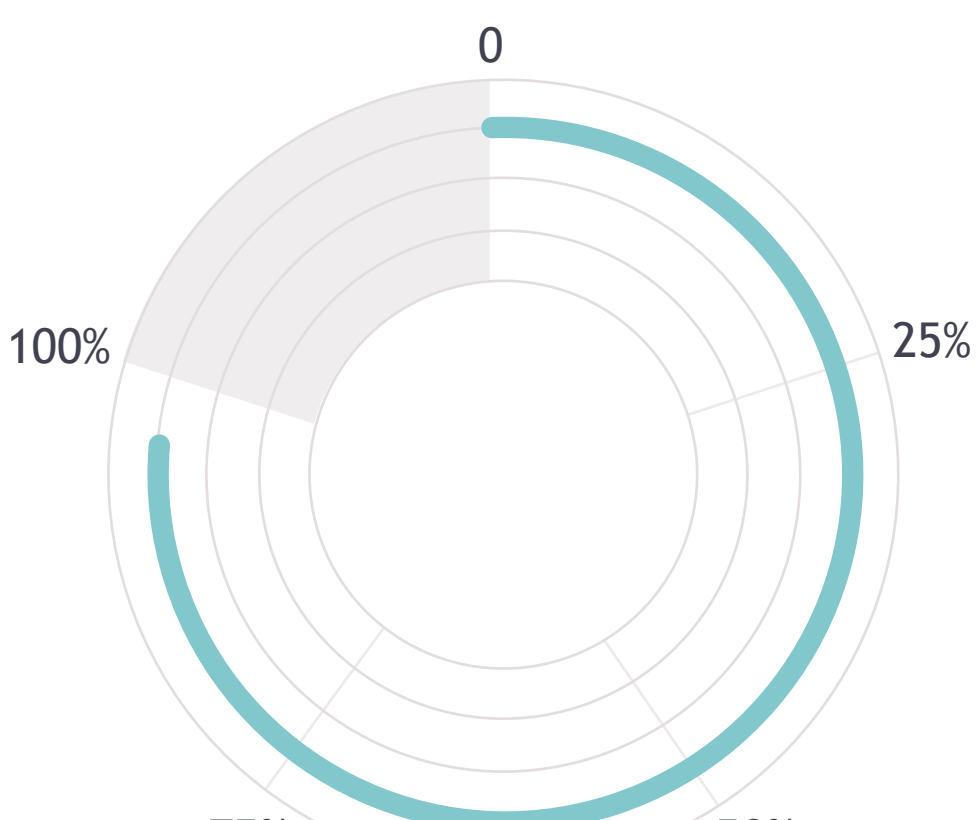
Year group: Year 10



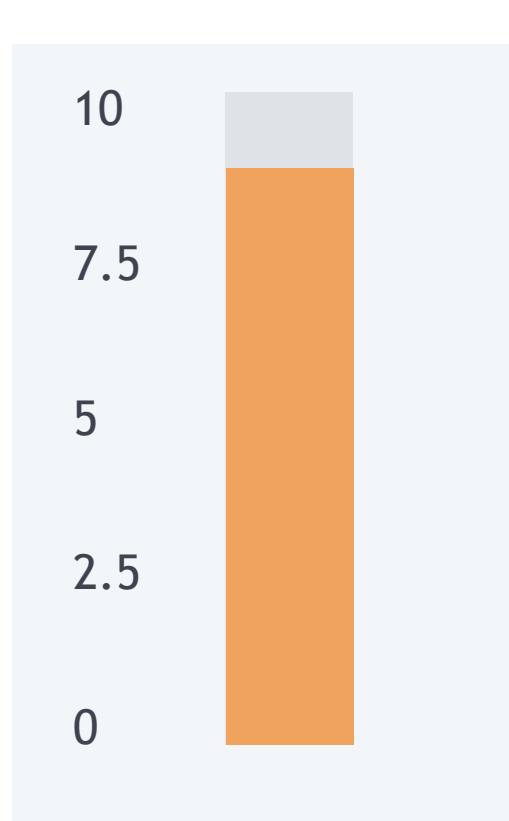
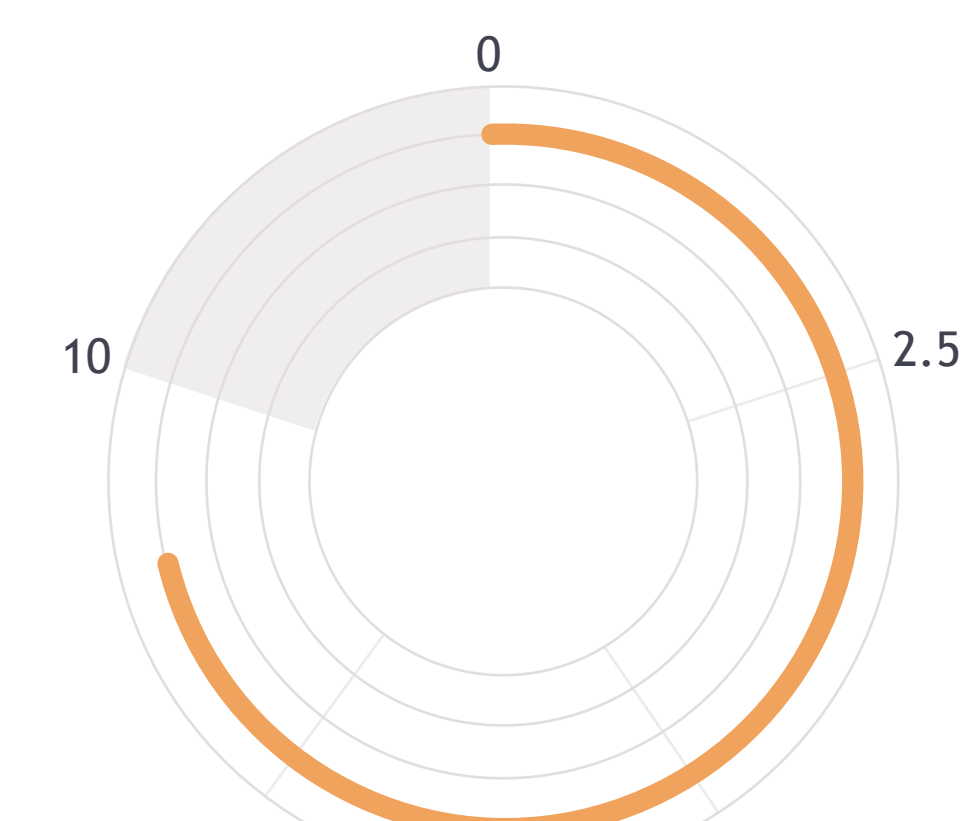
**Q1** Did you find the tools & techniques provided in our workshop useful?



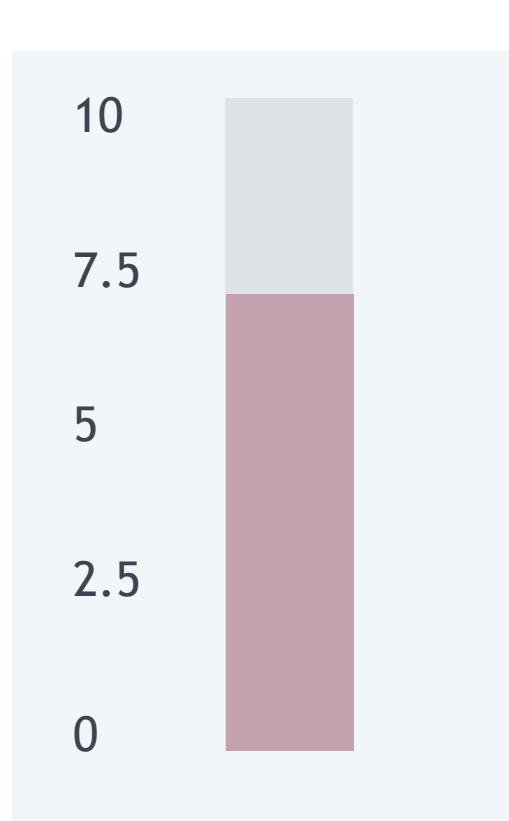
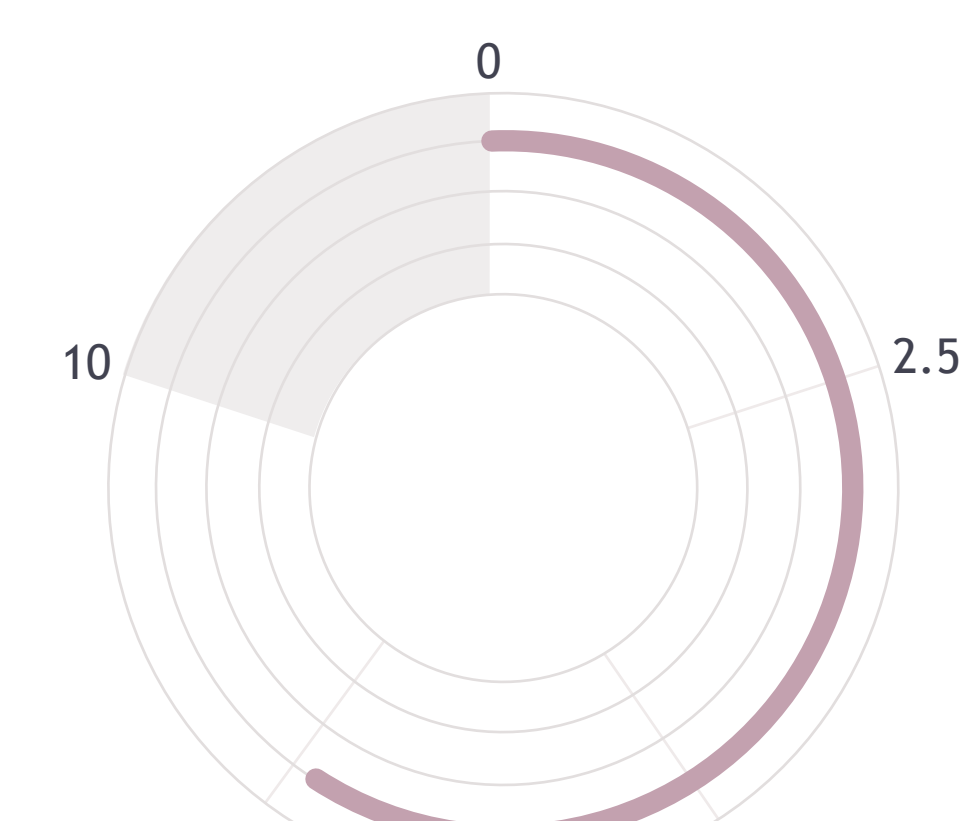
**Q2** Would you use the tools & techniques in the future?



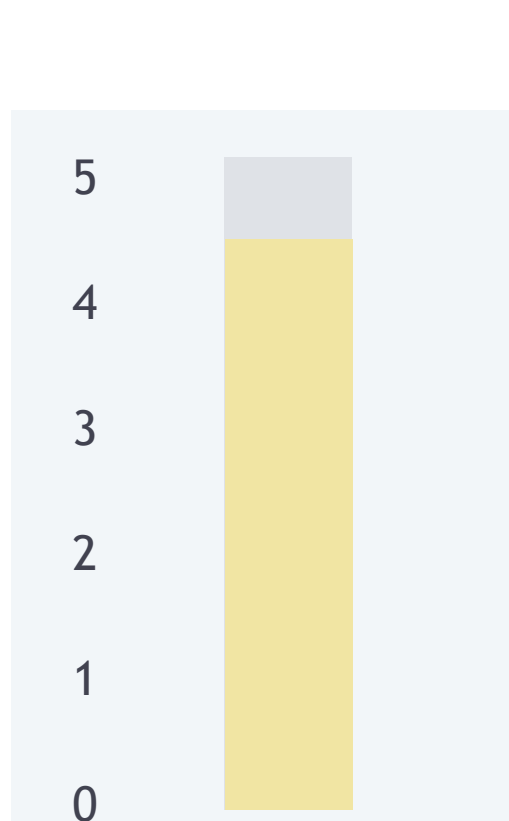
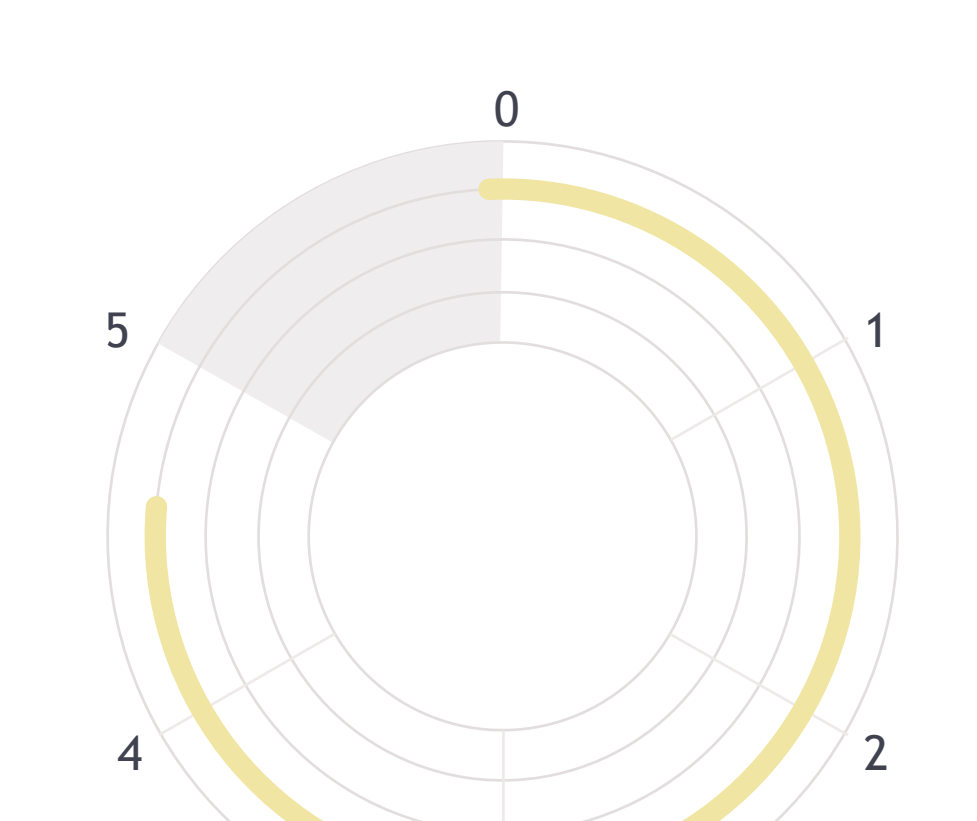
**Q3** On a scale of 1-10, please rate your Positively Mad presenter.



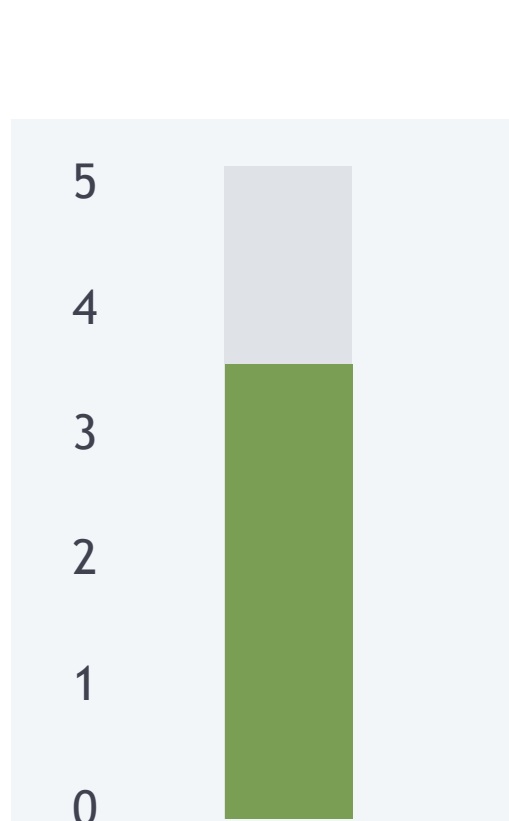
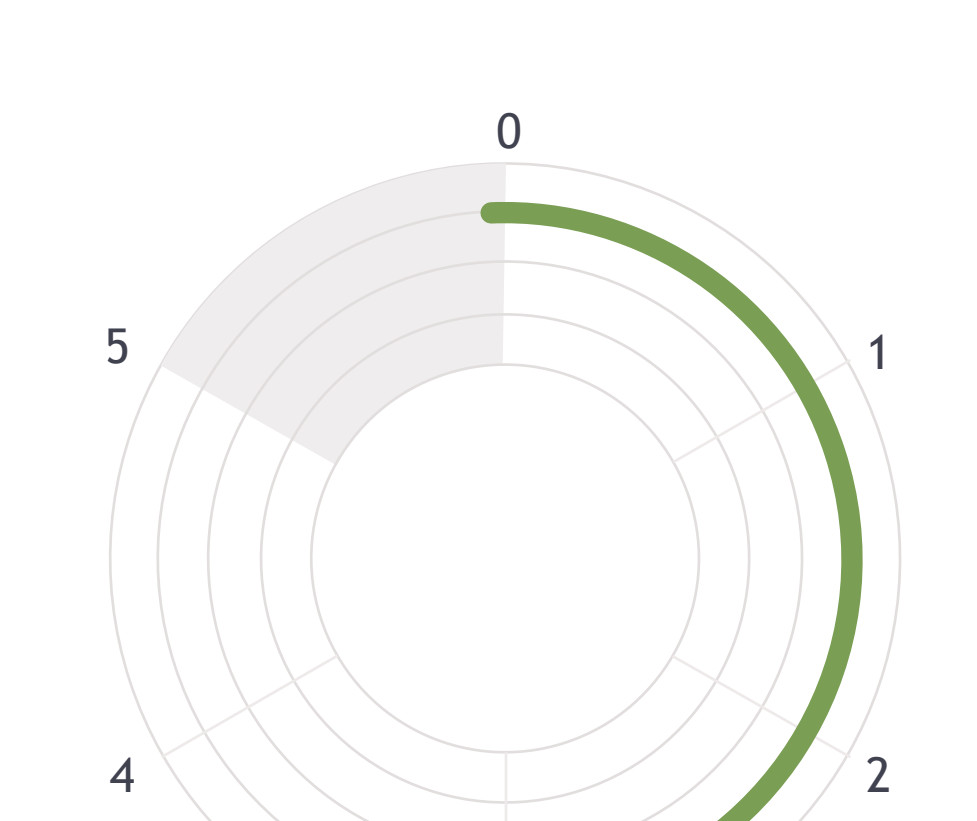
**Q4** On a scale of 1-10, please rate your Positively Mad workshop.



**Q5** I feel more motivated to work hard at school to achieve my full potential. (1 = strongly disagree, 5 = strongly agree)



**Q6** I feel more confident to make decisions about my future education. (1 = strongly disagree; 5 = strongly agree)



## NOTABLE STUDENT COMMENTS

*Natalie was really engaging, motivational and relatable. The circus tent was very creative and surprisingly helpful.*

*Made everyone feel good about themselves. Was loud and cheerful, got everyones attention.*

*The presenter was really friendly and gave lots of techniques to help in the future.*

*The workshop helped to motivate and taught me how to organise my decisions in stressful situations. I think the event was really helpful and doesn't need any improvement.*

*It helped me break down what I get stressed about and techniques to help me control those situations.*