

Feedback form

Course: Take 5: building blocks of emotional resilience

Date:

My understanding and knowledge of emotional resilience and techniques to improve it has increased:

Strongly disagree	Disagree	Agree	Strongly agree

My knowledge of further sources of information and support has increased:

Strongly disagree	Disagree	Agree	Strongly agree

I am satisfied with the session:

Strongly disagree	Disagree	Agree	Strongly agree

1. Which parts of the session, or materials used, did you find **most** useful, and why?

2. Which parts of the session, or materials used, did you find **least** useful, and why?