www.WellbeingTrackers.com

Wellbeing is your natural state.

Workshop Tracker

Name: _____

Workshop: _____

Date: _____

Please rate today's workshop by placing a tick in the box that best describes your experience.

	Not at all	A little	Moderately	A lot	Extremely		
It was interesting.	0	1	2	3	4		
It was enjoyable.	0	1	2	3	4		
It was helpful.	0	1	2	3	4		
It was unpleasant, e.g, boring, uncomfortable or confusing.	4	3	2	1	0	R	Total Score

If you wish, share what you liked about the workshop and ways it might be even better.

Experience wellbeing every day.

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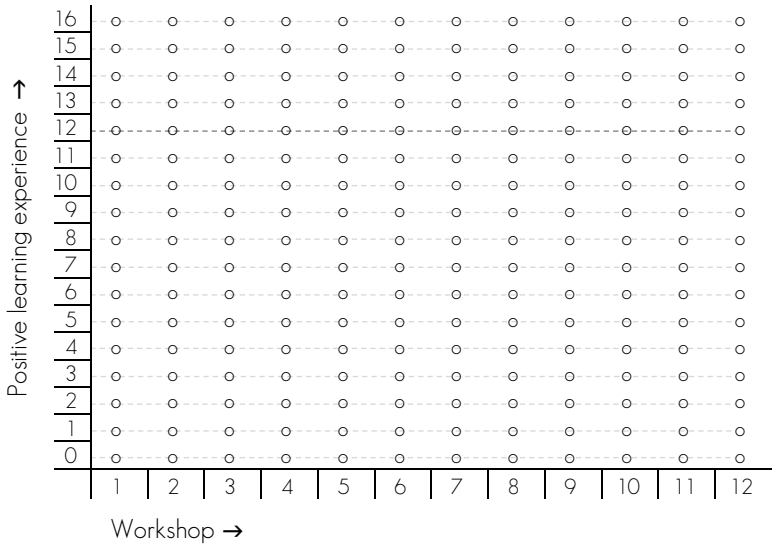
Wellbeing is your natural state.

Workshop Tracker

Workshop: _____

Start Date: _____ (workshop one)



Feedback is a safe conversation about something important.

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Instructions.

Step 1: Read the feedback forms, i.e. Workshop Trackers.

Step 2: Plot the average, lowest and highest scores on the chart after each workshop.

Sep 3: Think of a way to develop the workshop so the average, lowest and highest scores increase in the next one.

Wellbeing and Recovery Trackers

Empowering Communities. Creating Wellbeing.

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