

Participant Feedback and Satisfaction Questionnaire

The purpose of this short form is to gauge your appreciation of and collect your comments regarding your participation in a self-management workshop. The information we collect will help us document the aspects that were most appreciated and potential avenues for improvement. Thank you for your collaboration!

Living with a better self-esteem Workshop

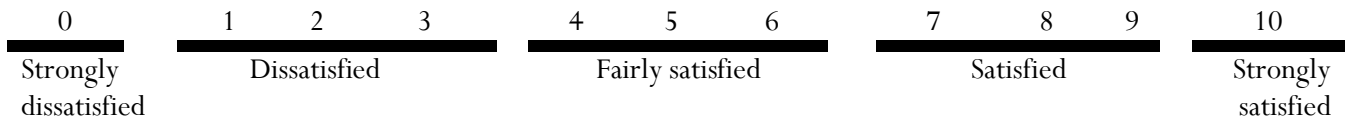
Session: _____

Date: _____

Facilitators: _____

1. Objectives

On a scale of 0 to 10, following the diagram below, please write the number that best describes your level of satisfaction with the following objectives:



Objectives	Score
Gain a better understanding of myself.	
To develop skills that allow me to regain control over my life.	
Understand that my perceptions are influenced by my self-esteem.	
Explore my emotions and know that I can manage them better.	
Develop a greater capacity for healthy self-assertion.	
Identify certain life choices and action priorities according to my values.	
Find ways to maintain my self-esteem on a daily basis, and I intend to use them.	

2. Topics explored

Week 1. My self-esteem

Week 2 and 3. Self-observation and self-knowledge

Week 4. Perceptions

Week 5 and 6. Exploring the emotional universe / Managing emotions

Week 7 and 8. Interpersonal relationships and communication / Assertiveness

Week 9. My choices, priorities and change process

Week 10. My self-esteem, now and in the future

Did you appreciate any particular theme less than the others? If so, which one and why?

On a scale of 0 to 10, please write the number that best describes your level of satisfaction with the following aspects of the workshop:

Workshop aspects	Score
The quality of the information presented	
The relevance of the themes	
The proposed exercises	
The discussions with other participants	

On a scale of 0 to 10, please write the number that best describes your level of satisfaction with the following aspects of the facilitation:

Facilitation aspects	Score
The quality of the welcome you received	
The respect of the workshop rules	
The quality of the explanations provided	
The management of the discussions	
The handling of difficult situations	
The facilitators' overall attitude	

5. Overall appreciation

Do you find that the workshop had an impact on your mental health? Yes No

Please explain:

Overall, on a scale of 0 to 10, how would you rate the workshop? Please check the box corresponding to your answer.

0	1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Strongly dissatisfied	Dissatisfied			Fairly satisfied			Satisfied			Strongly satisfied

If you had to point to one element that was the most important or helpful for you, which one would it be?

Overall, on a scale of 0 to 10, how would you rate the quality of the written English in the participant content? Please check the box corresponding to your answer.

0	1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Strongly dissatisfied	Dissatisfied			Fairly satisfied			Satisfied			Strongly satisfied

Would you recommend this workshop to a friend living with an anxiety or mood disorder who has low self-esteem? Yes No

Do you have any other comments or suggestions?

We thank you very much for your feedback and wish you all the best.