

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 workplace balance Workshop

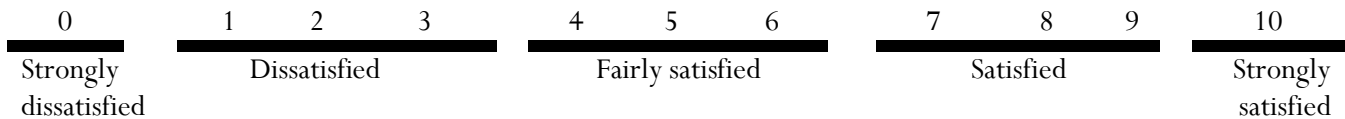
Session: _____

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:



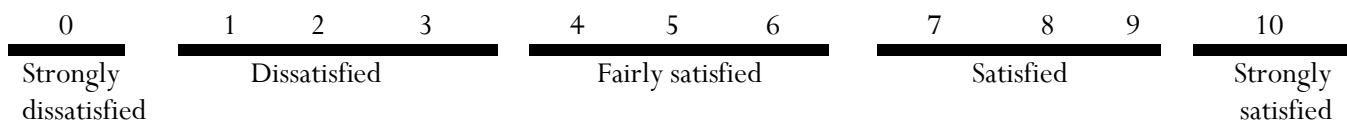
Objectives	Score
Develop a better understanding of my anxiety or mood disorder.	
Recognize and question the thoughts and actions that maintain anxiety.	
Become aware of several factors at work that can influence my mental health.	
Be aware of my symptoms and warning signs.	
To adopt a healthier lifestyle.	
Know what I can do to regain and maintain my balance at work.	
Reflect on the importance and impact of maintaining a positive social network.	

2. Topics explored

- Week 1. Rebecoming the boss of your mental health
- Week 2. Recognizing the signs in order to respond better
- Week 3. Understanding your functional cycles at work
- Week 4. Seeing things differently
- Week 5. Adopting a problem-solving method
- Week 6. Receiving support from others
- Week 7. Better stress management at work
- Week 8. Disclosing mental health difficulties at work
- Week 9. Catching your breath to make a fresh start
- Week 10. Consolidating your tool kit

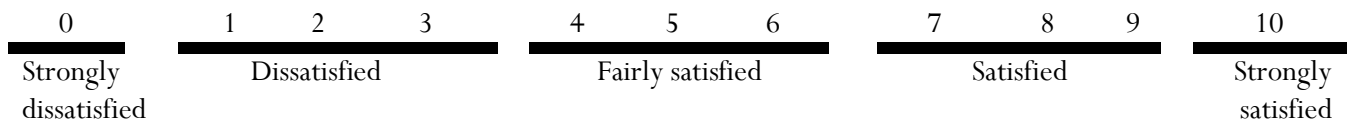
Did you appreciate any particular theme less than the others? If so, which one and why?

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 is experiencing difficulties at work? Yes No

Do you have any other comments or suggestions?

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