

POST WORKSHOP EVALUATION FORM

Workshop Title: Men of Honour X Date: _____ Age: _____

School / Organisation: _____

Facilitator / Educator: _____

Please answer the following questions in preparation for the Men of Honour X program.

1. Rate your ENJOYMENT of the Men of Honour X program

1. NOT AT ALL

2.

3. FAIRLY GOOD

4.

5. EXCELLENT

2. How well did the Men of Honour X program develop your skills / characteristics in the following areas?

SELF CONTROL

Emotional Intelligence Being able to not only identify feelings and physical changes (e.g. heart palpitations, sweaty palms, nausea) in response to a situation, but be able to manage them well.

1. NOT AT ALL

2.

3. FAIRLY GOOD

4.

5. EXCELLENT

Goal Setting An ability to summarise information and identify priorities, break down tasks into manageable steps and timeframes, and measure progress towards your goals.

1. NOT AT ALL

2.

3. FAIRLY GOOD

4.

5. EXCELLENT

Impulse Control An ability to look at the costs vs. benefits of delaying a response, despite a desire for an immediate reward.

1. NOT AT ALL

2.

3. FAIRLY GOOD

4.

5. EXCELLENT

Mindfulness Being able to connect with the present moment (i.e. using the body's senses) and being able to manage distracting thoughts, emotions, physical sensations.

1. NOT AT ALL

2.

3. FAIRLY GOOD

4.

5. EXCELLENT

Perspective Taking An ability to consider another's points of view without being biased.

1. NOT AT ALL

2.

3. FAIRLY GOOD

4.

5. EXCELLENT

Problem Solving & Decision Making Being aware of both pros and cons to a response, as well as potential obstacles, before deciding the best course of action to take.

1. NOT AT ALL

2.

3. FAIRLY GOOD

4.

5. EXCELLENT

Self Expression An ability to express your thoughts and feelings.

1. NOT AT ALL 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

SELF EFFICACY

An individual's self-efficacy refers to their confidence in making changes to achieve a desired outcome. One's level of self-efficacy can determine how they work through difficult life events and strengthen their resilience. It also highlights their ability to resist social pressures and act on their values.

1. NOT AT ALL 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

SOCIAL CAPABILITY

Mindful Communication Paying attention to other's facial expressions, tone and body language. As well as communicating social behaviours clearly and confidently (i.e. appropriate eye contact, voice projection, body posture and language).

1. NOT AT ALL 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

Sense of Belonging

Contributing and feeling connected to a cause, higher purpose or group in the community.

1. NOT AT ALL 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

Conflict Resolution

Being able to identify solutions to relationship problems, negotiate cooperate and compromise.

1. NOT AT ALL 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

Relationship Values

Display values of kindness, empathy, loyalty, honesty, appreciation of differences.

1. NOT AT ALL 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

SELF-AWARENESS & APPRECIATION

Character Strengths Aware of what defines your character (i.e. leadership, hope, love of learning, gratitude).

1. NOT AT ALL 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

Flow States Engage in hobbies / interests. These can act as flow experiences - a peaceful state of mind where one is completely immersed and loses track of time.

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1. NOT AT ALL 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

Skills & Goals
Awareness of skills, achievements, areas for improvement /goals and their significance in defining oneself.

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1. NOT AT ALL 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

Values
Clarity of what is important to you. Values gives an individual direction and a sense of purpose. Men of Honour X workshop series encourages the cultivation of honesty, humility, gratitude and self-sacrifice / discipline.

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1. NOT AT ALL 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

My Background
Appreciate my family lineage, heritage and cultural identity.

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1. NOT AT ALL 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

Health
Engage in a healthy lifestyle (i.e. exercise, nutrition, sleep, mind-body connection).

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1. NOT AT ALL 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

3. Would you recommend this program to a friend? YES / NO
4. List the most memorable things you will take away from the Men of Honour X Workshop?
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5. What else do you feel could be added to the Men of Honour X program to enhance its relevance to you?
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