

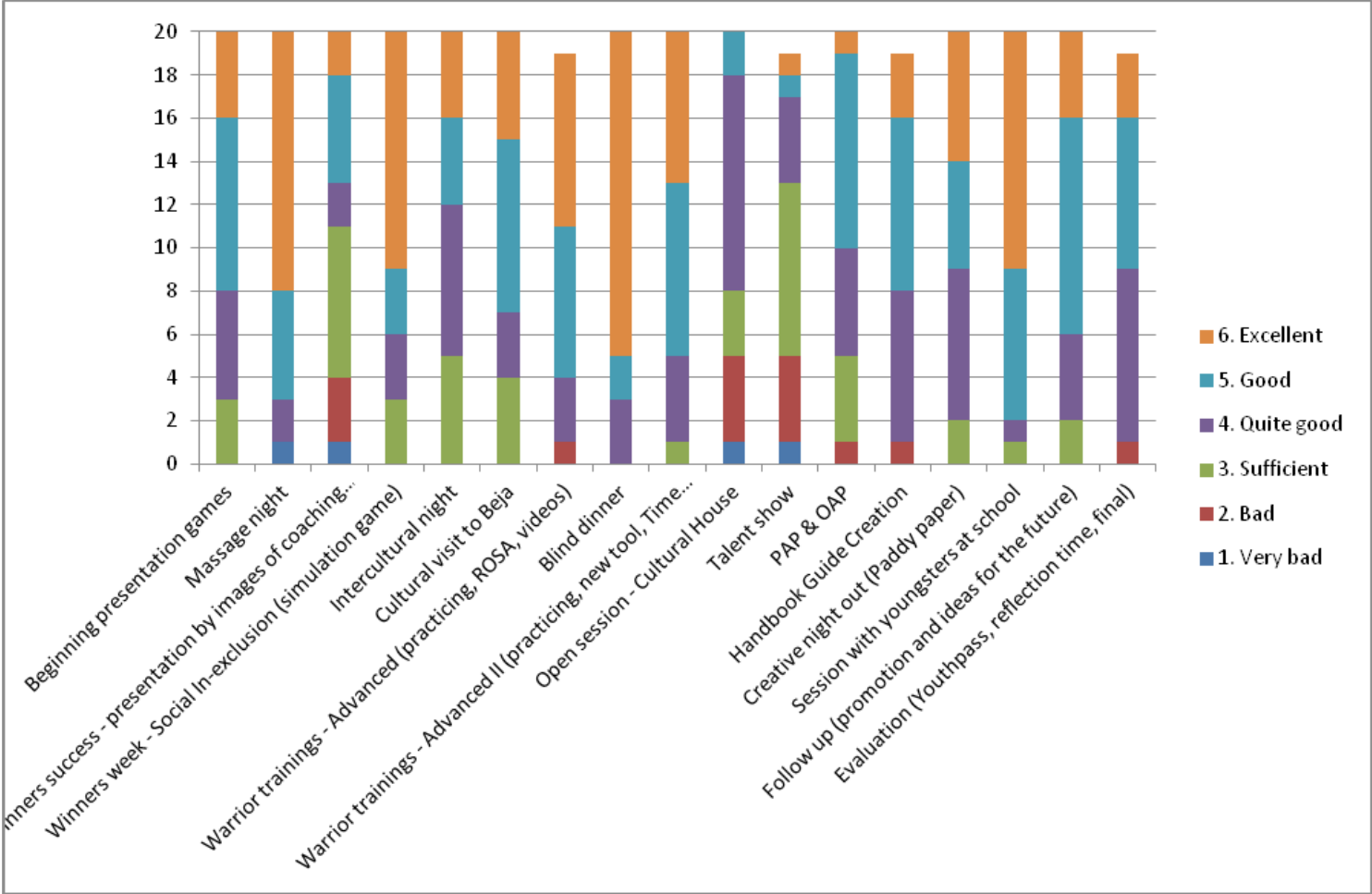


Final EVALUATION - From Participant Questionnaire



Training Course *WOW – Winners On Work*
Beja, 10th – 17th December 2014

How do you evaluate the ACTIVITIES? 1.Very bad 6. Excellent



PART I – Activities

1. Activities I like more.

Warrior trainings I and II 10
Session with youngsters 7
Intercultural Night 2
Blind Dinner 8
Massage Night 6
Simulation Game 8
Paddy Paper 2
Pap and Oap
Time Line
Open night
Cultural visit
Open Session
Hnadbook creation
Energizers

2. I remember THAT special activity because.....

I discovered that I have the capacità, skills and focus to do the coaching session with youngsters, and I fest very usefull, peacefull and with a life purpose
Session with youngsters because it was empathetic and strong experience wich I want to set in action
Blind dinner because it was a new experience
Learn actively, relaxing and anables you to practice all your learnings
Creative night out, it pushed me into give the best and the worse of me, but in the end it came out to be a great growth tool
Simulation game because I like games like that
Timeline: I was able to step into my future and it helped me to understand my goals
Coaching session in pairs: I was the coachee and I felt the power of the questions of my coach
Blind dinner: it was a new experience surrounded by unknown people
Session with yougsters because I had the opportunity to practice coaching with someone outside of the group of participants
I had the chance to implement the PEMS wheel and with the PAP I had the chance to clarify my future steps "next step"

I learned a lot, the activities were funny and practical

Massage night because it was a very good "ice breaker", although it is risky to do it when the group doesn't know each other so, well, it turned out great

fun, useful, well prepared

It made me feel as part of the team, because I learned useful things and new skills

Intercultural night because each country showed their food and culture

Stress management because after too many times learning, sharing with all the group.. I could feel so calm with everyone and in peace, and worthy time

Youngsters coaching because it will be very useful for my future

3. Activities I disliked or liked less

Talent show

Cultural night out because there was unnecessary conflict and the open session at the cultural house because it was badly organised and boring

Handbook making

Open session and talent show: badly organised and boring

Winners success, cultural visit and open session because they were so boring

I liked less the handbook writing, I think tasks should have been better divided, many cooks burn the food!

More work on promotion and Open session to cultural house

Long presentations and Talent show

The only activity which was strange is the "handmade" coaching session presentation without photos, with a lot of details, it was too long and boring

Intercultural night

Talking to the youngsters at first because I didn't want to be forced to do this also don't force someone to do this. I didn't like the talent show because of he has forced to do and I hate it.

Presentation of the winners's success: too slow, too boring, too less attention

More effort could be put on practicing coaching, tools, different examples

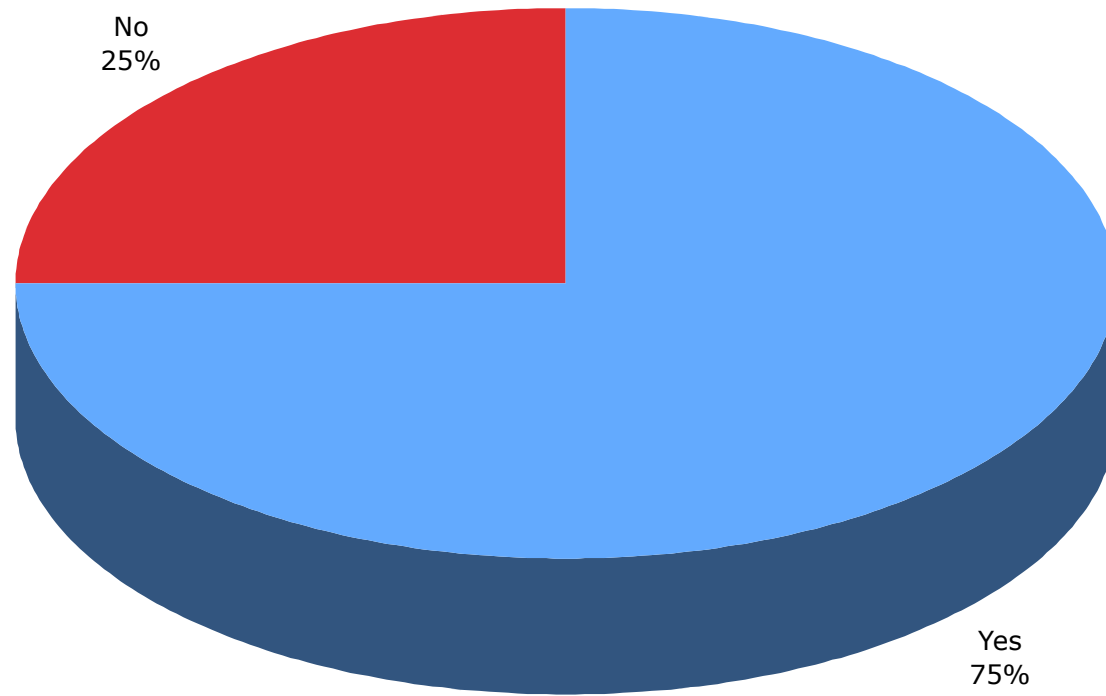
Waiting for such a long time for the night activities

Winners success

Talent show because it wasn't very well organised, the tasks weren't finished and it was a little confusing. The evaluation because it wasn't very well explained at the beginning what to do, I misunderstood because it was a paper for the group instead individually, for me it doesn't work but I think it's an important tool.

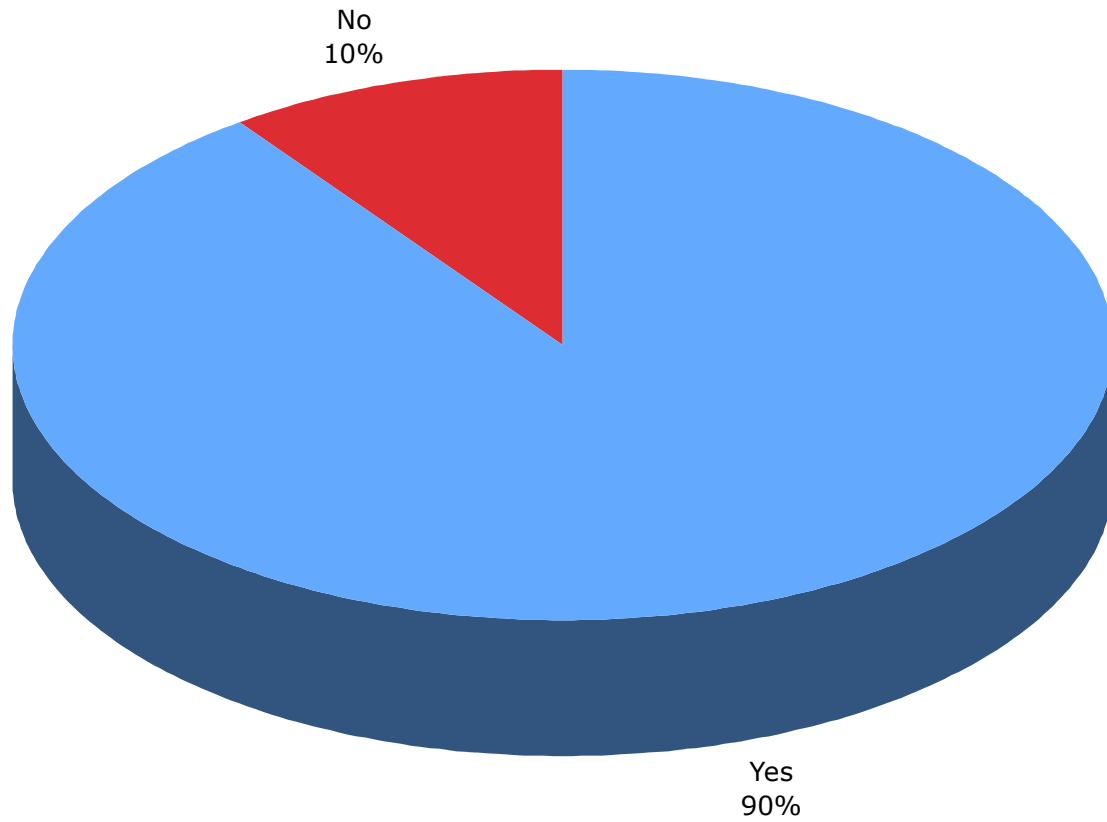
4. Were the activities fulfilling for you?

Activities Fulfillment



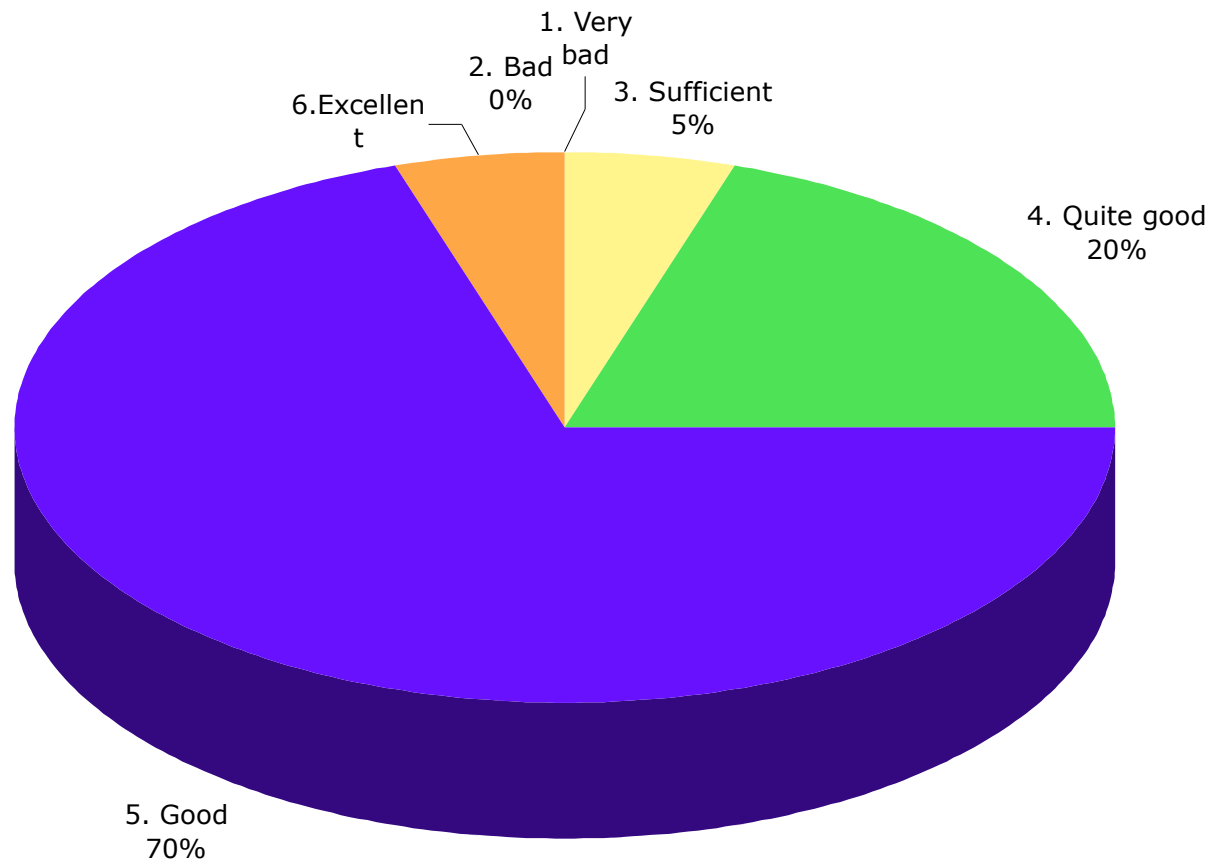
5. Can you see a coherence in all the activities of the project?

Coherence



6. A global mark for the whole activities of the project.

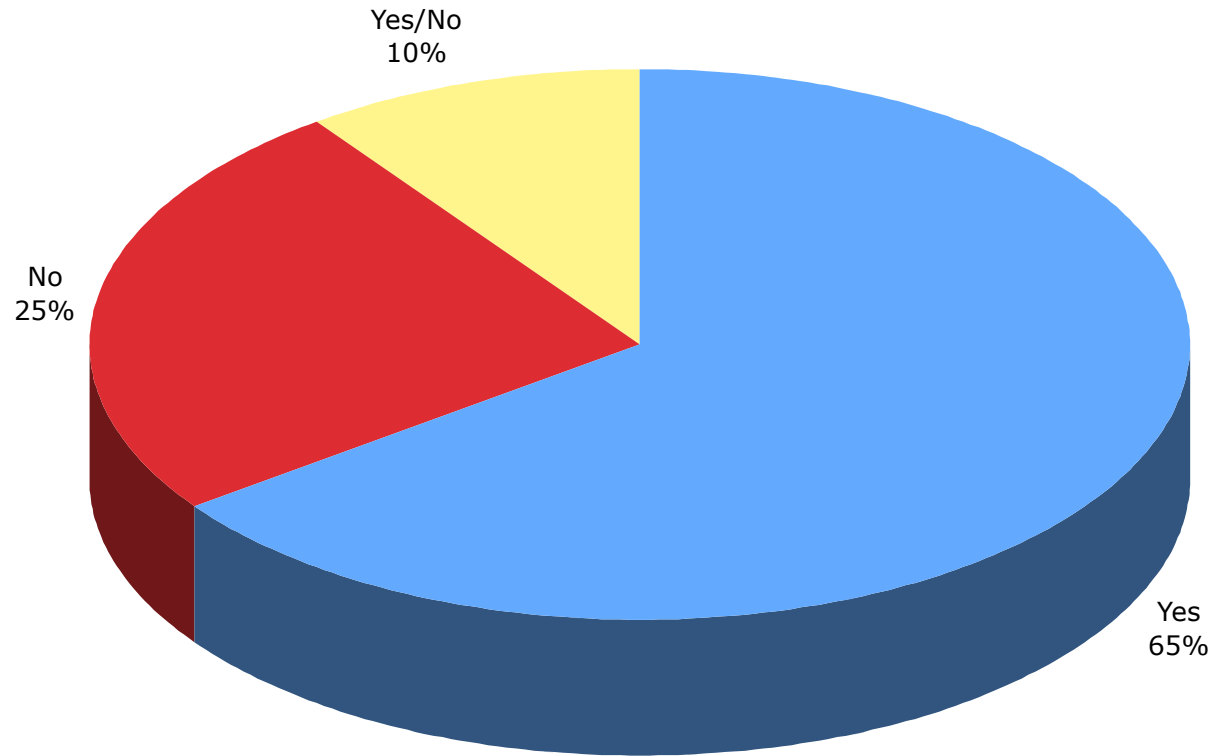
Mark for Activities



Part II – Project Management

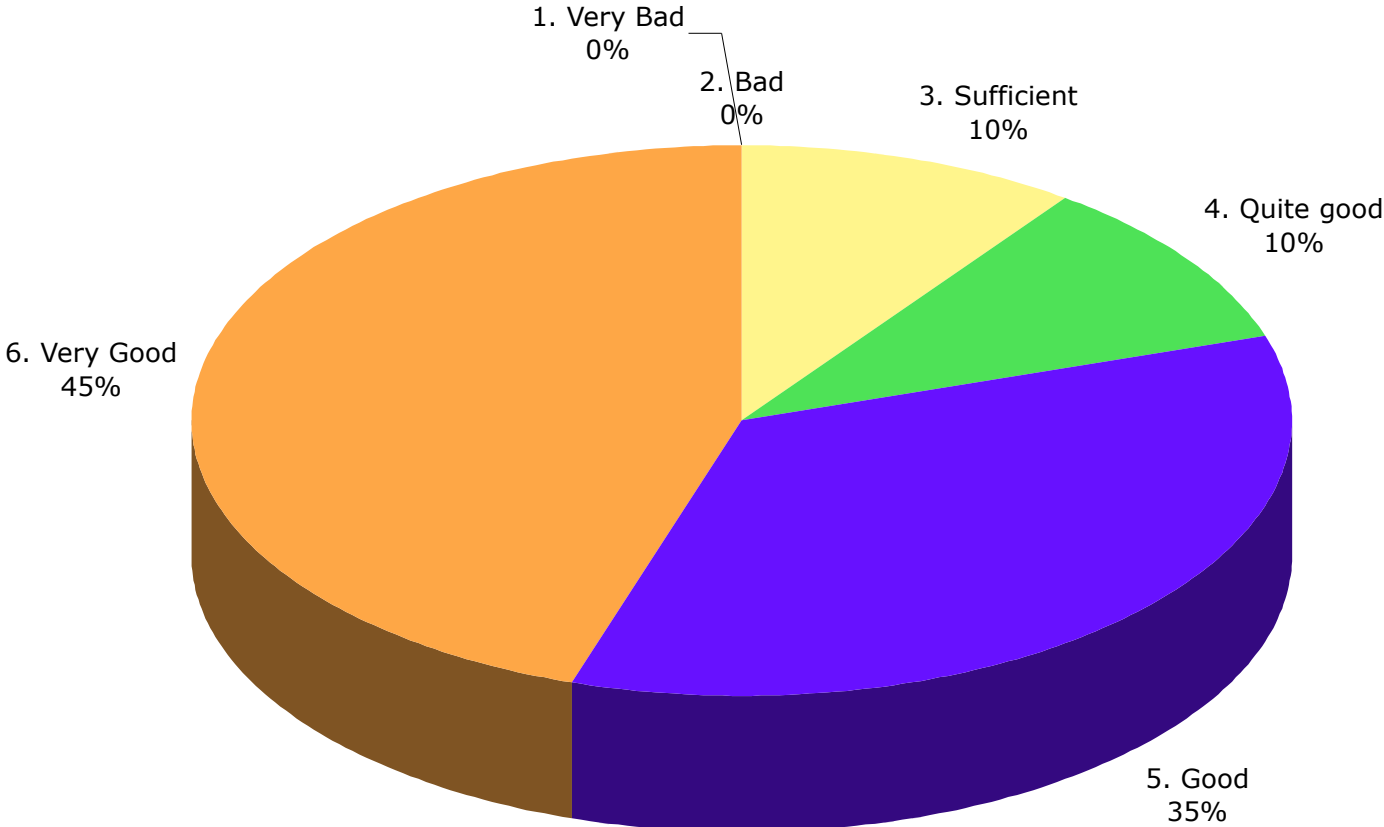
1. Do you think free time was enough?

Free Time

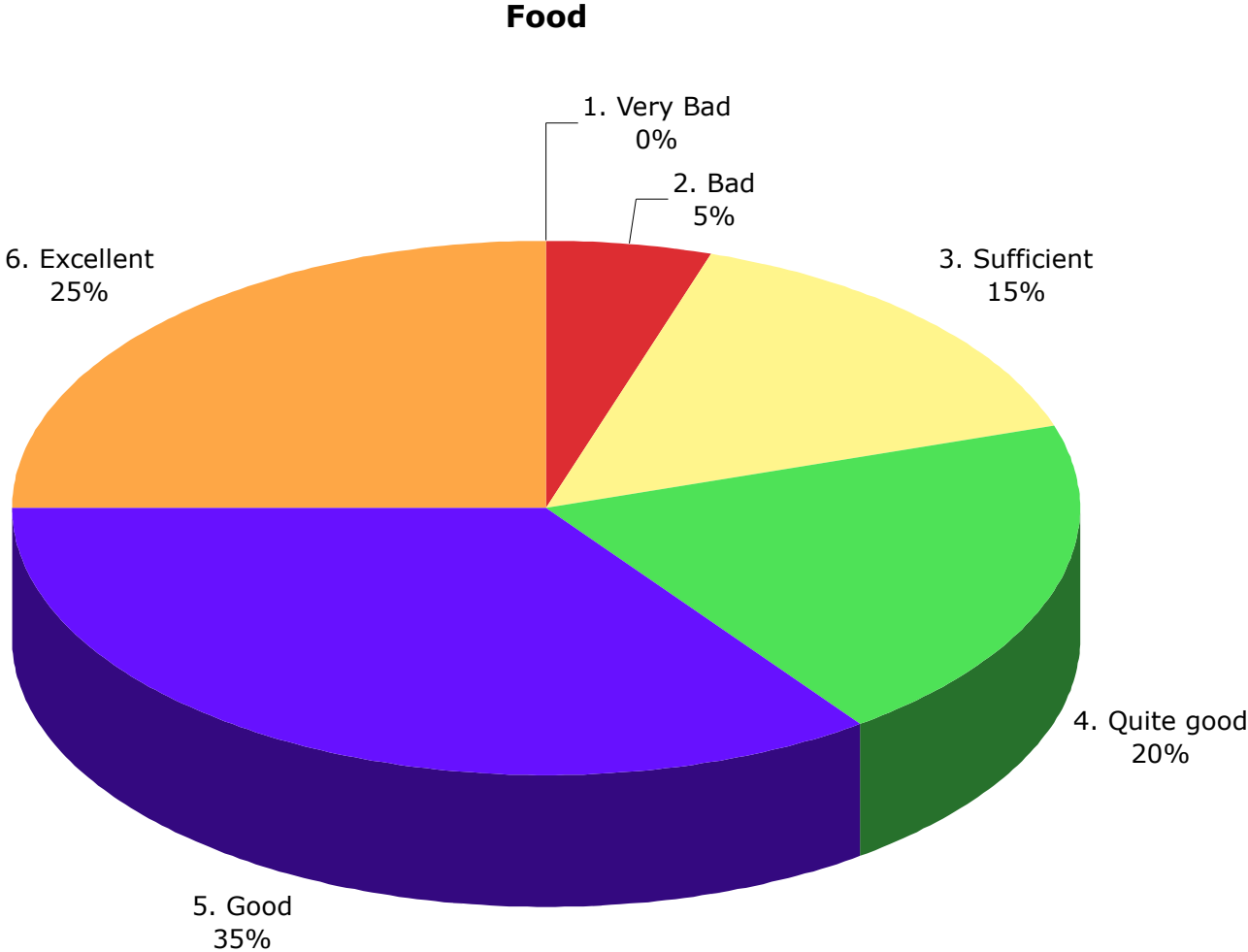


2. Your mark about accommodation

Accomodation

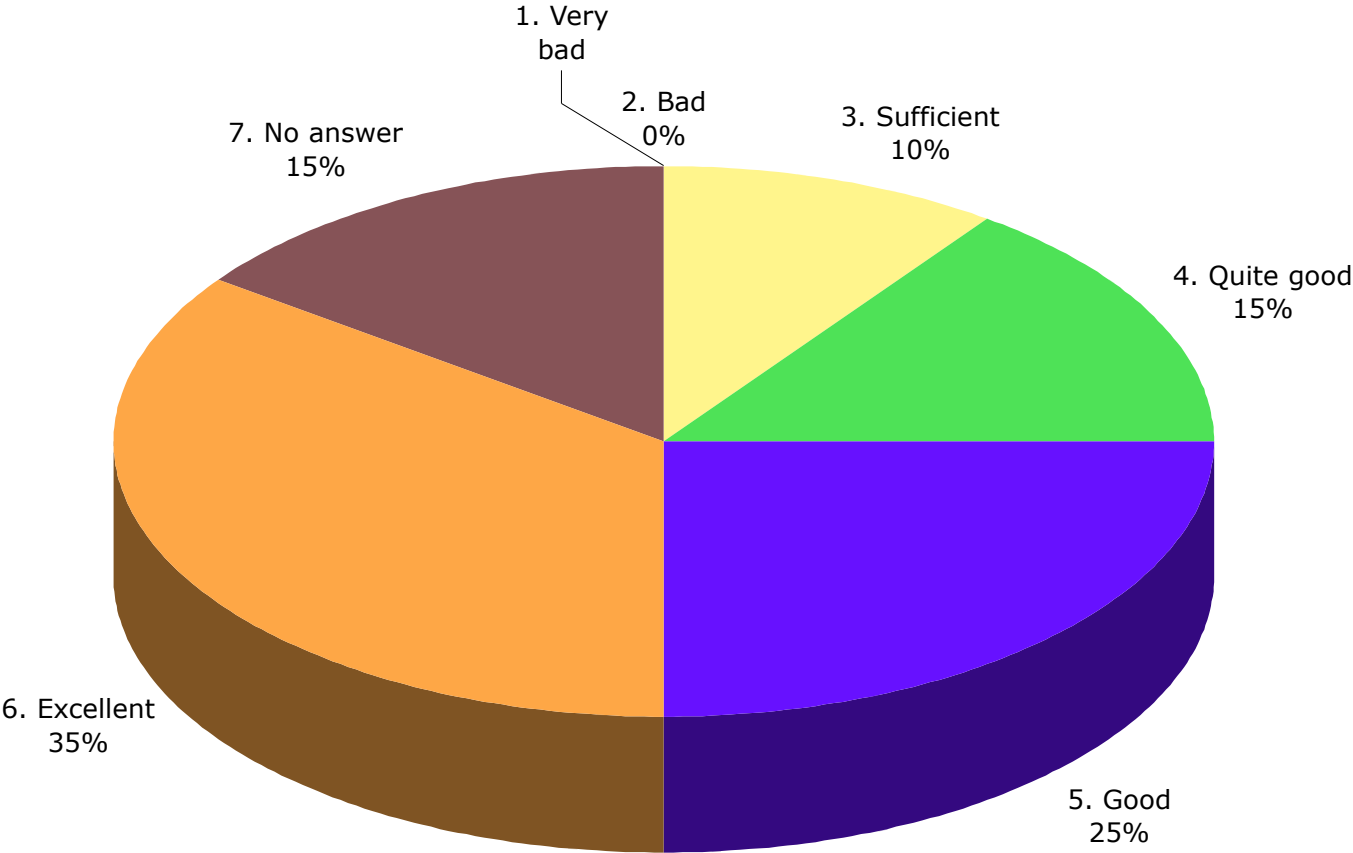


3. Your mark about food



4. Your mark about transports

Transportation



5. Trainers' facilitation: what you liked and/or disliked about it.

Some of them could be a bit more friendly to all the participants, make them feel relax and value their contribution to this project.

I liked their openeness, their work ethic,

I had the feeling of collaborative work

Their style was quite good but at the begin they didn't show me the motivation that i expected but with the progression of the week they demonstrated more focus and enthusiasm

I liked the professionalism and calmness that they inspired

Maybe much work on open space and also more connection with local community

Sergio was capable and well prepared, all rest worked improvisation

Great!

I missed more leadership attitude from them and they were more nvolved in the atmosphere, they know a lot and know how to do it better

Very well explained, english could be better

I like the way how they lead the group with a non-formal education approach and using "coaching tols"

Their creative methods

I like the good feeling with the participants and trainers, they used very non formal education durino session and in the free time

I always like their style, that's why i keep on participating!

I liked their commitment, the new methods created and the flexibility

Sometimes too personal

I like the easily way that everyone of them have to comunicate

I liked that they have a really good sense of humor, i didn't like that in some optional activities they were not asuming the role of facilitator (in the talent show)

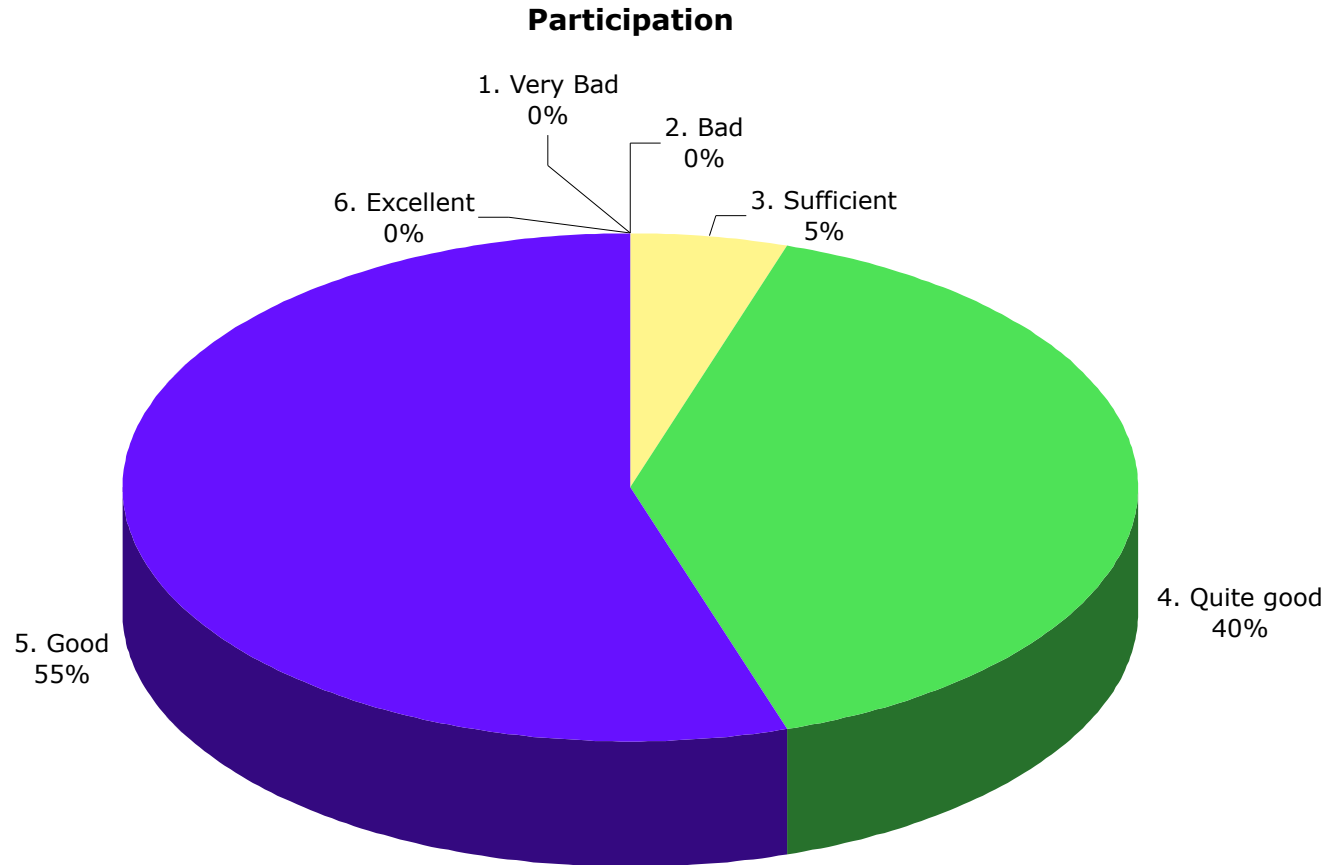
Enthisiastic, professional, good vibes

6. A global mark for the Trainers' style and their activities and project management



PART III – Participation, Relationships and Learning

1.How do you evaluate your own participation and involvement in the project?



2. What do you think you gave in this project as your own contribution?

Serenity, spontaneously, empathy, funny moments

My experience in non formal education (energizers games). I tried to be always in good mood

Some idea sto the project, share informal, formal and non formal informations with different technical, I made a good environment to do that everyone was included

I like to think that I gave an important contribution to the team building

Funny, relax, empathy and interaction

I was really focused and I hope I gave my energy

I tried to participate the best way I could and being myself in

Implicating more workshops

Ideas and follows up

My ideas, my positive energy, my questions and active participation in coaching session

I helped when I could

I contributed in a creative way with my teammates, empowering team building, entertainment and integrate the group of participants

Good communication skills

My experience

Nothing

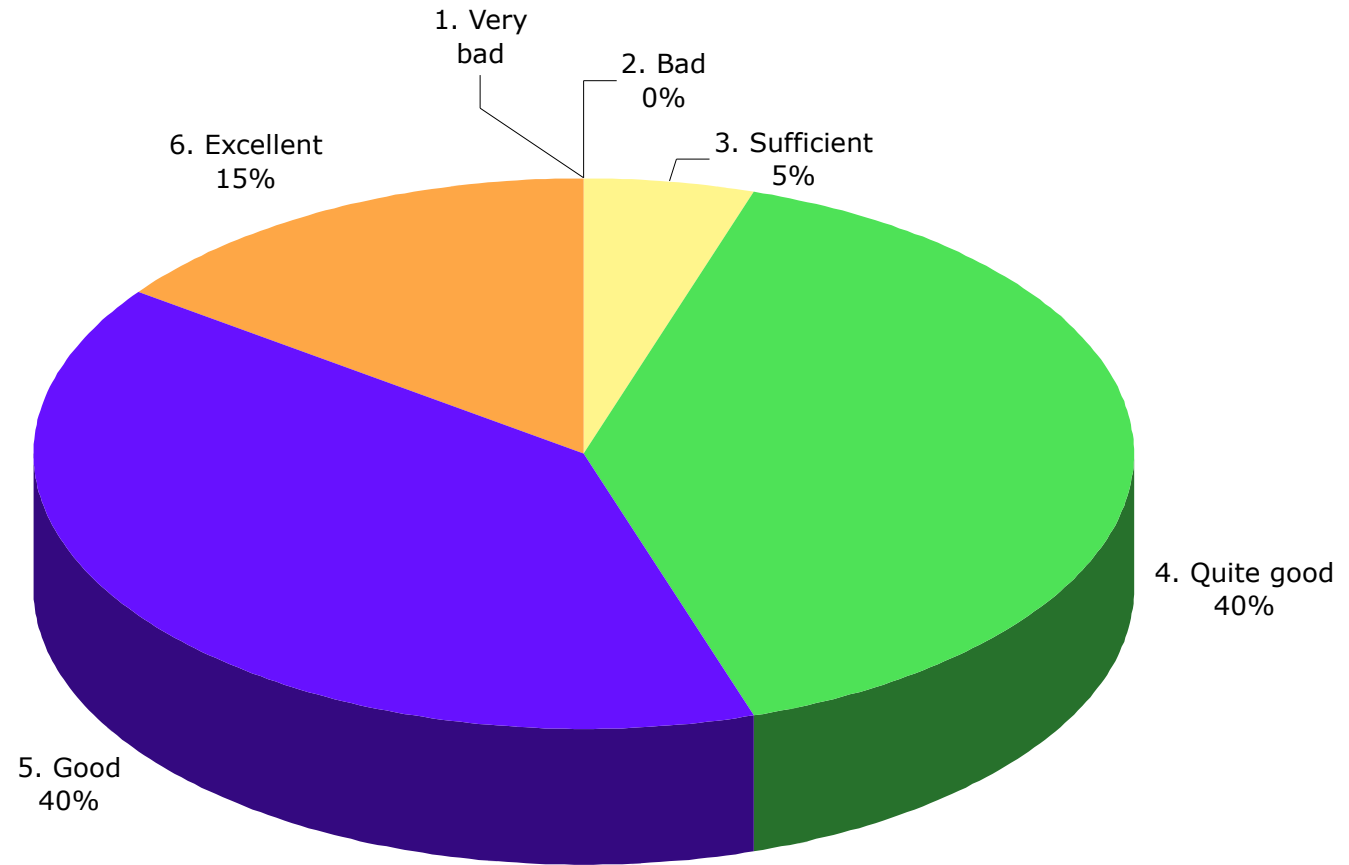
Funny moments, help and partnership

Sharing ideas, experiences and way of thinking

Not much i guess, I'm not an outgoing person so it was a little bit too much social for me

3. How could you evaluate the relationships between participants?

Participants Relationships



4. Do you think in this project you had opportunities to reflect on your skills and competences?

Yes, a lot

Yes, the environment is the good one to have the opportunities to reflect on your skills and competences and realize new ones on develop better

I had the opportunity to try myself, to see if I can handle in the international group during the games. I could realize that I feel myself frustrated if I have to make questions to strangers

It helped me a lot to get awareness about some of my weakness

Yes, I also improve my previous knowledges and share the competences with the others

Yes, it gave me power to continue the process/mission

At a good level yes

Yes, contributing without talking all the time, but I would love to take part in facilitating

Yes, I think it helped me a lot to know myself better and getting know in what I am good

This kind of projects are essential to reflect on my skills and competences and I think it was completely achieved

Yes, but it could have been deeper

Yes

Absolutely

I had the time to reflect a lot on myself

Yes, I had the opportunity because it gave me the tools and the chance to use them in order to improve my skills.

5. What's the most important thing(s) you think you have learnt here?

To get to know all the different people from different countries, to make connections

Active listening is so important to understand the others. New tools, technics, informations and new ideas; how are important this international projects

I really tried to exercise and memorise that the questions help a lot in a problem solving process

I have to try to be more aware about my weakness and strenght to think better about how to improve my life. I learnt also another part of thinking when talking or making something. I realize I can do more with less effort and better results.

Do a plan for the future, think about myself and of course techniques of coaching

Discover my mission, working on my ideas

To listen and guide others by asking questions

Coaching tools

How to work good, how to speak in public and how to make a project

Empower my skills and competences with success and I achieved my goals and aims of the project

Combination of skills and competences, group work

What talking with people can be about

Coaching tools and know interesting people

My own capacity on coaching

More trust to strangers, methods

The importance of non-formal learning, that is very effective, and also some useful games and activities

Promote collaboration and participation between countries

That I need to programme better my future

That we never quit to learn

I had the chance to experience coaching and realise that with practice I can improve on helping others and coach them

6. This activity for me was.....

a very important experience

the first one of many!

Challenging, because I had to make questions and I never liked to ask for information to strangers

A step forward

Amazing! I liked the atmosphere during the sessions and the possibility to share different experiences and points of view

Discover and left the past behind

Interesting to learn and meet new people

Fantastic

An experience that I will never forget and it will be always in my memories

The dedication of the goals that I defined previously, profoundly achieved

Hopefully the beginning of a new advanced experience

Interesting. Though I liked the experience I think I won't be part of project like this again

An open door for next growing experiences

A good learning experience. It was good, it was two steps which makes stronger learning

Very interesting and enriching

An eye open, that there are many possibilities to evolve and to learn in a non-formal way

A very good experience because I met new people and new ideas and I learned coaching

A parallel universe where I could find myself

Good

An interactive experience and fun at the same time

Your global mark for WOW Winners On Work

