

Rhodes Avenue Primary School

Feedback Report

parentgym
FOR PARENTS WHO CARE

the
mindgym

The statistics



5 sessions ran between January and March in 2018

60 participants gave feedback

93% felt actively involved in the workouts

98% felt the content was relevant to them

97% will use what they have learnt

95% would recommend the workout to others

90% would rate this workout as very good or excellent

Feedback by course

Course	Q1%	Q2%	Q3%	Q4%	Q5%	Runs	People
Parent Gym, 6 week programme: 1. Chat	88	100	94	94	88	1	16
Parent Gym, 6 week programme: 2. Love	100	100	92	92	92	1	12
Parent Gym, 6 week programme: 3. Behave	85	92	100	92	77	1	13
Parent Gym, 6 week programme: 5. Discover	100	100	100	100	100	1	9
Parent Gym, 6 week programme: 6. Together	100	100	100	100	100	1	10

Q1 - I felt actively involved in the workout, Q2 - I felt the content was relevant to me, Q3 - I will use what I have learnt, Q4 - I would recommend the workout to others, Q5 - I would rate the workout as very good or excellent

What the participants thought



6 week programme: 1. Chat

Comments

"It was great, all the points are relevant to us!!"

"Good techniques for a child who wants to behave/cooperate. I will see how they work with my son who finds it fun to misbehave!"

"Very useful but a lot to take in."

"A relaxed session, comfortable to share thoughts and experiences."

"Can't wait for next week, to learn more."

"I think group discussions are really helpful."

6 week programme: 2. Love

Comments

"Very well presented and enjoyable."

"Fun session"

What the participants thought



Comments

"Keep up the good work."

6 week programme: 3. Behave

Comments

"Really useful + understanding"

6 week programme: 5. Discover

Comments

"Great session."

What the participants thought



Comments

"Brilliant character :) Kasia is very happy with sessions."

"Great ideas to try at home."

6 week programme: 6. Together

Comments

"Very helpful and positive"

"Lots of useful tips and things to think about and put into practice."

"Really useful ideas to try out at home."

"I think we are quite fortunate to have such a good coach. I would like to thank to Kaisa and school for this wonderful experience :)"



the
mindgym