

Rhodes Avenue Primary School Feedback Report

parentgym
FOR PARENTS WHO CARE

the
mindgym

The statistics



6 sessions ran between November and December in 2019

60 participants gave feedback

98% felt actively involved in the workouts

97% felt the content was relevant to them

100% will use what they have learnt

100% would recommend the workout to others

98% 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	89	100	100	100	100	1	9
Parent Gym, 6 week programme: 2. Love	100	100	100	100	100	1	13
Parent Gym, 6 week programme: 3. Behave	100	91	100	100	91	1	11
Parent Gym, 6 week programme: 4. Care	100	83	100	100	100	1	6
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	12

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

"I had no idea these sessions would be such fun. I really enjoyed the first one. Thank you"

"Great"

"Loved the interaction. Our coach created an excellent environment to share comfortably."

"Loved it -- great stuff to think about, discuss with my partner and put into practice"

"Terrific. Wish I had come earlier"

6 week programme: 2. Love

Comments

"Very well taught and run. Personally could use more time and info on worrying"

"more on worrying for young kids - temper tantrums, how to engage when they won't say what is wrong."

"Really useful ideas. Gina's insights are very helpful. I'm excited to try the ideas."

What the participants thought



Comments

"Very well paced and good activities"

6 week programme: 3. Behave

Comments

"Gina is great!"

"Very good mix, time goes by very quickly"

"Great practical tips"

6 week programme: 4. Care

Comments

"Very good as always."

What the participants thought



Comments

"Excellent as always"

6 week programme: 5. Discover

Comments

"5 stars"

"This was SO needed! Very thought-provoking and useful tips for parenting my 7 year old son who ADORES screen time."

"Excellent. Very thought provoking"

"Good link advice."

6 week programme: 6. Together

Comments

"I have absolutely loved every session I've been able to attend. Gina is wonderful - so warm and funny and so helpful! I have learnt such a lot from Parent Gym. Thank you."

What the participants thought



Comments

"Excellent as always. Shame it is over"

"Gina is just fabulous. She is so warm and inclusive. Her practical pragmatic approach ensures everyone is able to learn, take part and grow."

"Excellent"

"Love the ideas for conflict resolution"

"Good ideas on how to approach sibling squabbles. I would still like more suggestions on how to keep myself calm when dealing with sibling fights."

"Great recap of the course"

"Any advice on solving sibling arguments very welcome!"



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