Uxendon Manor
Feedback report

the mindgym

The statistics

6 sessions ran between April and May in 2016

38 participants gave feedback

100% felt actively involved in the workouts

100% felt the content was relevant to them

100% will use what they have learnt

100% would recommend the workout to others

100% 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: Behave	100	100	100	100	100	1	5
Parent Gym, 6 week programme: Care	100	100	100	100	100	1	7
Parent Gym, 6 week programme: Chat	100	100	100	100	100	1	8
Parent Gym, 6 week programme: Discover	100	100	100	100	100	1	6
Parent Gym, 6 week programme: Love	100	100	100	100	100	1	6
Parent Gym, 6 week programme: Together	100	100	100	100	100	1	6

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: Behave

Comments

"Idea of being specific in giving instructions"

"I really feel involved in these sessions. Like listening to everyones stories about their kids and the way they tackle them."

6 week programme: Care

Comments

"Very helpful. She’s very lovely"

"Useful tips on eating- looking forward to trying them out"

"its excellent"

6 week programme: Chat

Comments

"This session would really help me in building a good relationship with my daughter and husband and be a good strong lovable family."

What the participants thought

Comments

"some advice are specific to different ages. Making a better differentiation would be good. But i suppose it has to implement it."

"Really good idea to handle our child."

"Really good session. Interactive and good to share with others."

6 week programme: Discover

Comments

"These sessions are so useful. They make us a better person day by day."

"Some great ideas on things to do with the kids. Made me realise how many opportunities we have to educate our children in ’non school’ way."

"In general, a lot of information given and this will need time to be implemented."

6 week programme: Love

Comments

"We would like to give time to my child as much as i can. I understand more"

What the participants thought

Comments

"Lots of information of ways to show you love your child. Very interesting."

"Really useful"

"Make this programme twice a week. Thank you."

"Really useful. Helps us in parenting."

"Really very good session. Every parent must attend to improve the behaviour and discipline for the child."

6 week programme: Together

Comments

"I look forward to reading the booklet as really interesting to look into the future to imagine what your family will be like so you can start doing the right things now."

"I will definitely put into practice suggestions for sibling rivalries."

What the participants thought

Comments

"All these sessions were amazing. They will definitely help us to improve our relationships with our kids. Makes us a better person. Mag is a very good coach."

"Its really useful."


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