Uxendon Manor
Feedback report

the mindgym

The statistics

6 sessions ran between January and July in 2014

76 participants gave feedback

99% 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	94	100	100	100	100	1	18
Parent Gym, 6 week programme: Care	100	100	100	100	100	1	11
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	12
Parent Gym, 6 week programme: Love	100	100	100	100	100	1	16
Parent Gym, 6 week programme: Together	100	100	100	100	100	1	11

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

"Talking and knowledge from these sessions has really helped me and my child stay calm, helping me to manage my time, getting great tips, EXCELLENT APPROACH."

"I will do Reward Charts. This has helped me a lot and I will follow it."

":)"

"Lovely coach, really informative and practical"

"Great lesson and hope to have the will and power to not give up and use what I have learned."

"I would have not thought about some of the ideas that have been recommended by Parent Gym today. Will be very useful."

"The other parent e.g. 'Father or Mother' should participate too so there are two people to put in place what has been learnt."

"Good to hear issues other parents have and ideas they have put in place."

"If possible to talk about arguments with children and how to sort it out."

6 week programme: Care

Comments

"This session was very very good."

What the participants thought

Comments

"This was great!"

"Really nice to share and get ideas from the instructions and other parents."

"I know the ways of how to have a good night’s sleep and healthy living and eating ways. The tips are so good and helped me so much."

"We really get good ideas and it’s working also"

"Reduced stammering in my child via TALKINGHelped to tackle issues/child’s problems.HATS OFF..."

"Carry on the good work."

6 week programme: Chat

Comments

"Will change our life."

What the participants thought

Comments

"Keep up with other class"

"Was great to hear other parents have similar experiences as myself."

"It was great to hear about other parents issues. Also being able to meet other parents who we don't normally see or talk to during drop off times."

6 week programme: Discover

Comments

"Have learnt different ways of playing with my own child (Yash) that I would have never tried, to help me and him bond together."

"I really like the ideas come through from the other parents."

"The ideas form the parents and the coach were fantastic."

"Love the ideas parents and the booklet gave us."

What the participants thought

Comments

":)"

"I have learnt that maybe I wasnt handling the homework issue the best way and have interesting new ideas that may help."

"Great ideas and way of learning them. Youre never too old to learn new things and these sessions have showed me that I still have so much to learn, even more than I was aware."

"It was really useful and informative to hear other parents ideas/views. Lovwed all the tips the magazine offers."

":)"

6 week programme: Love

Comments

"Full english breakfast next time."

"Try to discuss matters together instead of in a group so we get more ideas instead of some."

What the participants thought

Comments

"Good session to do throughout other school too."

"It’s really helpful for me and our family. I can pay attention and will help at home. I really thank you! :)"

"Makes me take a step back and to understand how to be a positive parent and ways to take time to understand my child."

"It was reassuring to know that some of the ideas discussed and highlighted in the book and session we are already doing at home."

"It was very useful and I will use it."

"Sharing experiences and ideas is a very good thing. Thank you for doing this for us!!! :)"

"It really makes you reflect on what happens daily and how to be a more positive person."

"My second session, really good to learn and share ideas."

6 week programme: Together

Comments

"Please try to make up something like parent gym for children to help them."

What the participants thought

Comments

"I will definitely miss you Cassy"

"Amazing lesson full of useful tips and ideas."

"Feel very emotional in this session as it’s the best one. Have extremely enjoyed Parent Gym."

"Excellent as always :)"

"Loved the session and the topics covered. We are already doing them with our child."

"I really like it and it works for me."

"Very good idea to carry our support group."

"HATS OFF to Cass and Mrs Bhanderi. Many thanks."


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mindgym