



Buzz Session Feedback Form

Session date: 17.10.2013
Number of attendees: 13

Interested in 6 week programme: 9
Interested in online programme: 1

Please give us your reaction to the training in terms of the elements listed below.

How would you rate the quality of the training?

	Very good	Good	Average	Poor
Quality of delivery	12		1	
The organisation on the day of the event	9	3	1	
Quality of teaching and learning materials	10	1	1	
The training overall	10	2		

How would you rate the following?

	Strongly agree	Agree	Disagree	Strongly disagree
This training was relevant to my role	6	6	1	
The objectives of the session were clear	10	3		
The objectives of the session were met	10	3		
This session has provided me with the knowledge to perform my role more effectively	6	4	2	

Please state one thing that you plan to do differently as a result of attending this Buzz Session:

- Be more aware of processed foods
- Plan lunches for work instead of buying pre-made sandwiches everyday
- Look at food in a different way
- Definitely opened my eyes to eat a lot better to avoid afternoon slump
- Eat more healthily
- I'd like to review my diet and see where I can improve, particularly as I am a long distance runner
- Eat a better breakfast and lunch
- Reduce processed food intake
- Use the food planner and menu planner
- Change my food intake. Monitor my sugar and carb intake
- Think about the amount of fruit that I eat

Please include any other comments you would like us to consider:

- Presentation was good but the introduction was a bit long – information overload
- Interested in online programme
- Interested in 6 week programme
- I would like to lose weight
- I am interested in the 6 week one to one programme
- I am interested in the 6-week programme
- Interested in 6 week programme and family diet
- I would like to commit to the 6 week programme
- Please include me in the 6 week programme
- Very interested in a diet plan. I do weight training and jogging but do want to lose a bit of excess fat. Would like more info and also see a food plan
- Interested in 6 week programme

Please include your name, email and tel. number if you would like us to follow up on your comments: