



## Buzz Session Feedback Form

Session date: 22<sup>nd</sup> & 25<sup>th</sup> October 2013    Number of attendees: 21

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	17	3	1	
The organisation on the day of the event	11	9		
Quality of teaching and learning materials	13	6	2	
The training overall	12	8	1	

How would you rate the following?

	Strongly agree	Agree	Disagree	Strongly disagree
This training was relevant to my role	4	10	2	
The objectives of the session were clear	12	8	1	
The objectives of the session were met	11	9		
This session has provided me with the knowledge to perform my role more effectively	3	10	2	

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

- Eat more fruit
- Cut out cereal bars and wheat
- Plan what I will buy in my weekly shopping
- Stop buying diet products
- Eat less processed food and more veg
- Check 'packet' information
- Eat healthier snacks
- Eat healthier
- Cut out processed food
- Eat more protein and less cereals
- Know my numbers
- Buy Natural yoghurt
- Look at what carbs I eat
- Shopping with eyes wide open
- Breakfast and lunch

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

- More materials
- Would have been good to have recipe/meal ideas. I.e. what to bring to work for lunch that is okay without a fridge/microwave
- Presenter very good and knowledgeable, but more visual aids and presentation information
- I am quite visual so would have liked more visual material in the training room. Bit too much talking and not doing
- Healthy eating session – excellent and informative
- Very enjoyable and informative

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