

# ITCOC - PORTUGAL - 2005 - 2006

## WORKSHOP - EVALUATION - March 2006

23 participants

Number of answers: 16

### GLOBAL OPINION

Very Interesting	88%	With Little Interest	
Interesting	13%	Without Interest	

### DETAILED OPINION

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My expectations in respect to the workshop was	50%	44%	6%		
The level of my prior knowledge was	25%	63%	6%	6%	
The trainer's knowledge was	100%				
The trainer's working methodology was	88%	13%			
The communication skills of the trainer were	81%	19%			
The participation/endover level of the participants was	63%	38%			
The choice of the themes was	63%	31%	6%		
The environment conditions (room and catering) were	19%	44%	19%	19%	
The practical utility of the workshop was	63%	38%			
At the end of the workshop, my knowledge level was	56%	44%			
The content of the workshop was	88%	13%			
The organization of the workshop was	63%	31%	6%		
Regarding my expectations, the workshop was	75%	25%			

### STRONG POINTS

1-The trainer's huge knowledge. 2-The contents; the trainer. 3-The methodology, the trainer, the practical work. 4-Learning about common dynamics, secondary feelings; systemic consulting. 5-Practice. 6-To have everybody onsite strengthened the group. 7-Constellations; medieval dinner. 8-Practice. 9-Learning. 10-Variety of approaches; practice. 11-Lots of practice-excellent. 12-People, place, practice. 13-Lots of work in basics.

### WEAK POINTS

1-Too far away from Lisbon and the cost of the whole (though good price-quality relationship). 2-The environment. 3-My incapacity as facilitator, but then again, making mistakes is what learning is about. 4-Long feedbacks. 5-Too much theory. 6-Time. 7-Many constellations with representatives that want to take over the job of the facilitator. 8-Light, heat, uncomfortable room. 9-Not very strong. 10-Cold! 11-Cold. 12-Sometimes the room was cold, but the place was fantastic.

### WHAT DID YOU APPRECIATE IN SPECIAL ?

1-The opportunity to practice and to be more close to systemic feelings. 2-Working in groups and having the possibility to facilitate a constellation in a small group; spending more time with the colleagues and specially the medieval dinner was a great fun; also the place is very beautiful. 3-The possibility of a deeper contact with the colleagues. 4-Jan Jacob's warm and attentive help; staying with the group and having a well "rained" dinner. 5-The exercises; the connecting between exercises and theory. 6-The dressed dinner was an extension of the training. 6-Team (group dynamic). 7-All the contact between people that was possible for being in the same hotel all the 4 days and, of course, Jan Jacob. 8-New skills, new insights. 9-The level of caring on the part of the trainers and the groups. 10-Opportunity to practice; more time with everyone; evening party. 11-Exercises. 12-The group, the fun and the knowledge I got. 12-Practice opportunities.

### WHAT DO YOU PROPOSE TO IMPROVE THE EFFICIENCY OF THIS WORKSHOP ?

1-More practice. 2-No ideas, I'm sorry ... 3-All we need is more time. 4-More constellations. 5-Start 30 minutes earlier to have a bit more time. 6-Next time, do it a little bit closer to Lisbon. 7-Punctuality, starting earlier. 8-Maybe to have people (clients) from outside. 9-Real clients for practice. 10-Change cookies by fruit. 11-More of this. 12-More Practice opportunities.

### WHICH THEMES OR EXERCISES DESERVED MORE TIME ?

1-Constellations in a big group facilitated by the participants and supervised by the trainer with the feed-back of the group. 2-Practical work. 3-All of them. 4-Constellations in a big group. 5-Collective constellations. 6-Practical exercises for coaching and consulting. 7-More exercises like tests to be aware of some specific techniques. 8-Individual work; specific techniques, such as cateleptic hand. 9-Systemic coaching. 10-All of them. 11-More basics, for me I need more but I realise that the group wants to practice. 12-More practice opportunities.

### SUGGESTIONS

1-Staying all together in the same hotel was a very good experience and I would like very much to have the same conditions for the last module. 2-Keep it going. 3-Continue integration of theory and practice. 4-Longer WS. 5-Loved it. 6-More practice opportunities