



Springboard Consultancy Programme Evaluation



21 Completed Responses

0 Partial Responses



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Q1

Do you feel more confident in the area of: **Personal development**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	95.24%	20
No	0.00%	0
About the same	4.76%	1

Q2

Do you feel more confident in the area of: **Goal setting**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	85.71%	18
No	0.00%	0
About the same	14.29%	3

Q3

Do you feel more confident in the area of: **Your own positivity**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	90.48%	19
No	0.00%	0
About the same	9.52%	2

Q4

Do you feel more confident in the area of: **Your own development needs**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	80.95%	17
No	0.00%	0
About the same	19.05%	4

Q5

Do you feel more confident in the area of: **Your health**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	80.95%	17
No	0.00%	0
About the same	19.05%	4

Q6

Do you feel more confident in the area of: **Stress management**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	71.43%	15
No	0.00%	0
About the same	28.57%	6

Q7

Do you feel more confident in the area of: **Communication skills**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	95.24%	20
No	0.00%	0
About the same	4.76%	1

Q8

Do you feel more confident in the area of: **Personal relationships**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	80.95%	17
No	0.00%	0
About the same	19.05%	4

Q9

Do you feel more confident in the area of: **Professional relationships**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	90.48%	19
No	0.00%	0
About the same	9.52%	2

Q10

Do you feel more confident in the area of: **Understanding your own values**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	95.24%	20
No	0.00%	0
About the same	4.76%	1

Q11

Do you feel more confident in the area of: **Work/Study Versus Life balance**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	61.90%	13
No	4.76%	1
About the same	33.33%	7

Q12

Do you feel more confident in the area of: **Personal brand**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	61.90%	13
No	0.00%	0
About the same	38.10%	8

Q13

Do you feel more confident in the area of: **Assertiveness**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	85.71%	18
No	0.00%	0
About the same	14.29%	3
N/A	0.00%	0

Q14

Do you feel more confident in the area of: **Effectiveness at work or study**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	76.19%	16
No	0.00%	0
About the same	23.81%	5

Q15

Do you feel more confident in the area of: **Managing change**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	76.19%	16
No	0.00%	0
About the same	23.81%	5

Q16

Do you feel more confident in the area of: **Resilience**

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	71.43%	15
No	0.00%	0
About the same	28.57%	6

Q17

Did you meet your learning objectives?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0

Please give any other feedback about the content or learning objectives of the programme

Answered: 12 Skipped: 9

1. The workshop really helped my confidence, the speakers were inspirational to listen to, and the group as a whole were so nice and encouraging to be with.
 2. I improved my assertiveness skills working in extremely stressful environment.
 3. Very positive experience. Enjoyed meeting new people and learning from their experiences.
 4. Content: extremely relevant to my daily work and to where I want to be
 5. I found the programme a wonderful means of networking and gaining insight into Admin staff progression within UL, I also found it a wonderful way to make new friends and reassess my own goals and direction both personally and professionally.
 6. -
 7. Very interesting and beneficial. We got the chance to meet new people and to discuss about our daily "struggles" as women both at work and in our private lives. They have also invited women guests to talk about their success in work and life and the difficulties they encountered on achieving it. They try to encourage us to invest in ourselves and that it is never too late to do so!
 8. I thoroughly enjoyed this course. I feel that as well as gaining confidence and self worth, our group really felt like it was women supporting women which was really lovely. I feel that out of our 4 workshops we've made friends across the organization.
 9. Our first workshop was in May. I was in a very negative space, feeling very isolated and under appreciated at work. This has significantly changed. I feel more confident in all aspects. The learning objectives are very engaging and useful. I enjoyed every part of all workshops!
 10. I loved the programme. It was both beneficial and enjoyable. Marie is inspirational and the women were an incredible group. It was a wonderful programme to be involved in.
 11. The course was very informative, objectives giving me time to reflect on myself.
 12. The programme was very beneficial to me and my personal development. It made me realise that my concerns are similar to most others and that I generally manage myself quite well. The big thing it did for me was to remove the fear of changing working environment.
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Q19

Thinking about the trainer \${Q-Z}

Did the trainer act in a professional and respectful manner?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0

Q20

Did the trainer display a passion and commitment to the benefits of personal development?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0

Q21

Did the trainer encourage participation and interaction?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0

Q22

Did the trainer bring knowledge and experience to the programme?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0

Q23

Did the trainer cover all the content at an appropriate pace?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
Too Slow	0.00%	0
Too Fast	0.00%	0

Q24

Where appropriate, did the trainer stretch or challenge you to achieve your learning objectives?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0

Q25

Did the trainer act as a role model?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0

Q26

Would you recommend the trainer to others?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0

Please give any additional feedback about the trainer below

Answered: 13 Skipped: 8

1. Marie was fantastic, she was encouraging, empathetic, gave great advice. Encouraged us to get involved, to push ourselves, to look at our lives and what we wanted to change and gave us the push to start on those changes.
 2. It was extremely positive experience. I was encouraged to set up goals and work on self development by the trainer.
 3. Excellent trainer.
 4. Truly committed to Springboard and its objectives
 5. Marie was a lovely trainer, very insightful and with a wealth of knowledge and experience, I felt she was generous with her time and open in the discussions.
 6. Was very supportive and informative.
 7. Marie is the perfect mentor, she brought in the workshop her own personal experience and development. We had a lot to learn from her.
 8. Thank you so much to Marie! Our group was chatty so keeping us on track with our workbook was no easy feat :) I felt that Marie really listened to us and gave some valuable advice regarding career progression and other courses that would help us on that track.
 9. Marie as absolutely amazing. She was so engaging and made us feel like a united group. It never felt like she was talking 'at us' but she was always speaking with us, bringing in her own experiences really created an environment of inclusion and trust. I would highly recommend Marie to others! Without a doubt! She was so passionate about the topics and you felt that she was genuine in trying to empower us and help us find our own voices, assertiveness and brand to ultimately set and realise goals!
 10. Marie is excellent and very professional.
 11. Marie is a phenomenal woman. She was supportive, empathetic, motivating and insightful. She made the experience what it was and I was delighted to get to know her a little better.
 12. The trainer was excellent, relating to the issues and concerns of the team
 13. It was obvious the Trainer had a lot of experience and was passionate about her subject.
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Q28

Did the guest speaker(s) add value to the sessions they attended?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0
Not applicable	0.00%	0

Q29

Did the guest speaker(s) add relevance and context to the programme?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0
Not applicable	0.00%	0

Q30

Could the guest speaker(s) have done anything differently?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	19.05%	4
No	71.43%	15
Not applicable	9.52%	2

Q31

If you want to give any specific feedback about any of the guest speakers, please use the space below

Answered: 11 Skipped: 10

1. All the speakers were so inspirational, their honesty was amazing and it helped to see that they too had difficulties achieving their goals but with the determination they did get to where they wanted to be.
2. I had a few fantastic guest speakers. They provided inspirational presentations.
3. All guest speakers were excellent.
4. The last speaker took the same route as me from school and then took a different branch in life. What could have been!!
5. While I found all the guest speakers thoroughly interesting and valuable, I did find the 3rd guest speaker to be exceptional, while I cannot recollect her name without referring to my notes from the day, I felt I could have listened to her talk all day. She was such an open, genuine inspirational person who really made an impact, she reminded me we are all just a work in progress and to never give up.
6. -
7. Guest speakers were great as they gave insight into real working situations and how they overcame professional challenges in creative ways
8. I loved every speaker and feel that I learned something from each of those women either from a personal perspective or from a professional viewpoint. They were fantastic.
9. They were all brilliant! Each of them brought unique experience and guidance to us. They were so easy to relate to. When they spoke, the time flew by because they were all so interesting in their own unique way. It was a brilliant 'Line-Up'!
10. I thought all of the speakers were wonderful. They were great choices.
11. I thought the speaker on day one was particularly enlightening as she was extremely honest and inspiring.

Q32

Did you establish a network with the other participants on the programme?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0

Q33

Do you plan to keep this network going?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0

Q34

Did the workbook enhance your learning experience?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0
I didnt receive one	0.00%	0

Q35

Would you recommend the programme to a friend / colleague?

Answered: 21 Skipped: 0

Choices	Response percent	Response count
Yes	100.00%	21
No	0.00%	0

How has the organisation that arranged this programme for you benefited from your attendance?

Answered: 15 Skipped: 6

1. I think I am not more positive and motivated, I have more confidence which can only be a good thing
 2. I built up network so it improved my contacts and cooperation with other departments.
 3. I am more willing to apply for additional duties. More confident regarding making a contribution to UL.
 4. The organisation as a whole, will get a more committed administrator
 5. Having the chance to reflect on my current situation has helped me see how I can improve and grow in my current role, also hearing others experiences from other parts of the university has helped me to develop a more balanced and appreciative view of my current department and situation.
 6. -
 7. Increased motivation from employees who participated in the group
 8. a positive worker is a healthy worker= less sick leave an ambitious worker is always positive into a working organization
 9. I feel more confident now and have a more positive outlook on my own progression.
 10. I am more assertive and clear on my career progression which I hope will be of benefit to my organization.
 11. Yes
 12. I would absolutely recommend this to colleagues and friends, and I already have! I think my department and the KBS as a whole has definitely benefited from me doing this course. As I said when I first started I was in a very negative space work wise. From this course and meeting all of the amazing women who are on campus, it has completely changed my stance; not everyone is only out for themselves. My confidence in people has been restored and I have made decisions to move my career forward, which will benefit the KBS. I am much more pleasant to be around!:)
 13. I am definitely more motivated now.
 14. It has given me a vision, encouraged me to step forward
 15. I am not sure.
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What are the main benefits to you from attending this programme?

Answered: 18 Skipped: 3

1. meeting new people, networking, more confidence, a better idea of where i would like to go and what I need to do to get there.
 2. I set up my own goals and improved my skills.
 3. Allowed to meet other staff members which you don't normally chat to. Helped to demonstrated how to set goals and how to achieve them.
 4. It analysed me and showed me the best bits and how I need to present them in an interview setting.....it worked! I didn't get the job but got deemed appointable... not bad for first interview in 12 years!
 5. I found that meeting new people in similar roles to myself across the university was a huge benefit, it gave me greater insights and a fresher perspective on UL as a working environment. Also meeting others at higher levels in admin roles has given me much food for thought and encouragement that I too can also advance and progress in time with the correct mindset,
 6. Gaining a personal insight.
 7. Springboard is all about what you can do for yourself. Taking responsibility and making things happen for you. I feel the course has helped me to build assertiveness and confidence.
 8. Allowing the participant the time to reassess their own careers and personal development goals
 9. Courage to think out side the box
 10. future goals to meet
 11. My greatest benefit by far was expanding my network and gaining new friends and acquaintances in the organization.
 12. I am more confident in my worth as part of my team and what I have to contribute to my Department. I also have clear goals and ideas of what I would like to achieve that I did not have before.
 13. Personal Development
 14. The main benefits: I am more assertive, I know my worth, I am working towards goals and I have met some amazing women which has created a great network for me.
 15. Yes, I'm more assertive and confident in the workplace
 16. I feel more empowered; I understand my strengths a bit better and how I can make the most of them to perform better at work.
 17. Interaction with other admin staff
 18. No longer resistant to change Have greater understanding of people and their concerns
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Please tell us how you are feeling about your future since attending this programme?

Answered: 18 Skipped: 3

1. I am confident that I have the skills and the courage to face what the future has to bring. Even if there are challenges I feel I have the confidence to tackle them better now.
 2. I will keep social network and work on my self development.
 3. More positive and determined to be more proactive ref achieving goals.
 4. More positive, feeling great. I can do it
 5. I am feeling more optimistic about my professional future and more open to opportunities that may arise. The time for reflection has been invaluable to me. Personally I feel the programme has assisted me in addressing health issues I was experiencing and taking positive steps to enhance my physical health in a positive way.
 6. Aiming to improve my assertiveness and look at a career / role enhancement.
 7. Very focused and more goal orientated as a result.
 8. Positive! I want to further stretch myself and go outside my comfort zone.
 9. Willing to apply for jobs but disappointed when they are already filled or require a degree.
 10. I have many plans to put in practise both work related and personal life related
 11. I feel more positive and hopeful about my career progression. And more confident knowing that many of my colleagues go through similar struggles, suffer 'imposter' syndrome, lack confidence, etc. I feel supported by the network of women from the programme.
 12. Excited!
 13. I feel that I have the right work life balance and can be thankful that I have had the opportunity to job share and work part-time while my children were young. Since the programme I have been contacted by individuals seeking advice on how it can work for them and look forward to advising as best I can. I have a new outlook and intend to focus on career goals from here on in.
 14. I am feeling very positive! I am challenging myself, so that feels great! I am busier, but that is fine as I am working towards something. I just feel more confident all around and I feel more supported to reach my goals, and that showed me that my managers do appreciate my worth in the organisation; because I was finally confident enough to ask for the support. I should have done it years ago!
 15. I will be happy to get involved in more courses and workshops
 16. Much more positive.
 17. I would like to feel positive, but it is hard here in UL. Trying to move forward can be difficult.
 18. Positive Fearless More confident
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Q39

What aspects of the programme would you like to see changed or improved?

Answered: 13 Skipped: 8

1. I thought it was all very good
2. I expect to achieve my long-term goals.
3. All elements of the programme were excellent.
4. Don't run the program over the summer. Have the program on 4 or 5 consecutive months
5. I feel the overall experience may have been better if the overall group number was smaller. It would facilitate possibly longer and deeper discussions of the course topics and allow for more intimate bonds, conversations and information sharing among everyone. I also feel that group members who did not attend for the 2nd or 3rd sessions (due to whatever reason) and then reappeared in session 4 should have been amalgamated into their own group, this may sound harsh but as they made no effort to meet the group for coffee and they were almost virtual strangers on the final day of the session when we had to discuss our goals and progress with them, on one occasion I felt they took over in an effort to show their interest or commitment on the last day. I feel that perhaps if the dates set out at the start had been adhered to it may have reduced the drop out rate. I hope these criticisms don't seem too severe as overall I really did enjoy the programme and find it extremely beneficial, I would recommend it to others.
6. -
7. There was a lot of content to cover in each session, I think an online portal with e-tivities would have helped for preparation for each session
8. none
9. None
10. None the programme was very interactive, the venue was perfect and the right balance of administrative grades were grouped together
11. N/A
12. I think it is a fabulous programme. More of it, maybe?!
13. None it was perfect but if I was really pushed to suggest something I would probably say the group was a bit large in numbers.

Q40

Was any part of your programme delivered virtually/online?

Answered: 0 Skipped: 21

No Responses

Q41

How easy did you find it to use the technology?

Answered: 0 Skipped: 21

No Responses

Q42

Overall, how satisfied are you with the virtual/online elements of the programme?

Answered: 0 Skipped: 21

No Responses

Q43

Which element of the virtual/online programme did you find the most beneficial?

Answered: 0 Skipped: 21

No Responses

Q44

How might future virtual/online programmes be improved?

Answered: 0 Skipped: 21

No Responses
