

Course Delivery Name	Online Mental Health First Aid Adult (15 to 24 Jun 2021)
Lead Instructor	Arabella Tresilian
Co-Instructor	

Please note, these are average scores based on the total number of feedback forms completed. Scores are from 0 – 10 where 0 is the lowest and 10 is the highest.

Questions Asked	Average	Total Completed
Confidence before	3.70	10
Confidence after	7.50	10
Knowledge before	3.50	10
Knowledge after	7.70	10
Lead instructor rating	10.00	10
Co-instructor rating		0
Likelihood of recommending the course	9.70	10

Comments

Arabella created a safe and supportive environment to learn about mental health and for the group to share ideas and experience. I thought the structure of 4 x 3 hours live sessions worked well and the spacing of the days, hourly breaks were helpful. I found the videos in the e-learning were useful, but I thought the statistics quizzes were not very useful. I found that there was too much material to digest when prompted to read extracts from the manual during e-learning.

Arabella is a fantastic and inspirational trainer. She created a space that was safe, supportive, flexible, accepting and welcoming, making it the perfect environment within which to discuss and learn about mental health. Generous with her own knowledge and experience, she facilitated our learning brilliantly and managed to keep the balance between information input, discussion, and - on this particular course - relevance to/application within mediation. This course exceeded my expectations and I feel privileged to have begun my journey of knowledge under such kind and expert leadership.

Arabella ran a fabulous course. She had a very specific group to work with and gave us lots of time to talk about the impact of MH on mediation generally, as well as giving us specific exercises that related to mediation case studies. Overall, it was an excellent experience and I have both learnt a huge amount about MH and also had a chance to process how to integrate this new learning into the world of mediation with other, more experienced, mediation practitioners (including Arabella). I am delighted to have had the chance to be a participant - and will certainly recommend the MH First Aid course both to mediators and to non mediators.

Arabella was a wonderful trainer. Inclusive, caring and role modelling creating a safe environment through the course. She managed the course impeccably and used a range of ways for delegates to engage and learn. It was helpful to consider the application and challenges of MHFA to mediation and has given me lots of 'food for thought'. More time to discuss some of these considerations with the group and with Arabella's input would have been great - but I appreciate there was lots of content to cover! Having said that I never felt rushed. Also adding to the overall experience of the course was both Arabella and the group being supportive and helpful in their sharing of both personal and professional experience. I feel very lucky to have completed the course and would recommend it highly! Thank you Arabella - you are an inspiration!

I think the case studies which gave us a chance to discuss with others and think about how we would approach someone, what we would say...were very useful. Anything that puts us in a kind of practical situation is useful. The

Comments

discussion on the use of language was great. Managing the time we spent on discussions is not an easy one. On one hand, it is very interesting to hear what other people's think, on the other hand, there might have been one discussion I did find a bit too long. The course was great and I felt very safe and well supported. The last session on the personal journey was a very moving and amazing example of someone who had to deal with very serious. I wanted to say thank you to Arabella for hosting a brilliant, informative course and sharing her insights and point of view with each of us.

Really good course. The tutor allowed for discussion and exploration over exercises which I thought really, really helpful. I found the online platform rather clumsy. Primarily it was difficult to go backwards and forwards or replay videos once you'd clicked done! It would be nice to revisit some of them even now. Could they be supplied after the course to delegates or are they on Youtube?

Thank you so much Arabella. You were well prepared, knowledgeable and a joy to work with. You took care of everyone on the course, and worked hard to make a welcoming and supportive group atmosphere.

This was an excellent course delivered in a knowledgeable but understanding manner, as we all at times have had our own mental health issues or known someone who has, so the instructor was very mindful of how everyone was feeling.