



WOMEN'S SELF-DEFENSE WORKSHOP

Post-Workshop Evaluation

April 6, 2019



On a scale of 1-10, how would you rate this workshop? 10

How likely are you to recommend this workshop to a friend or family member? (circle one)

Very Unlikely

Unlikely

Neutral

Likely

Very Likely

What did you like best about this workshop?

I thought it was really well structured with the slideshows into then practical training

What did you like least about this workshop?

That I wouldn't get away fast enough during the last exercise

What could be improved in this workshop?

I think it could have been a series - more training.



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On a scale of 1-10, how would you rate this workshop? 9

How likely are you to recommend this workshop to a friend or family member? (circle one)

Very Unlikely

Unlikely

Neutral

Likely

Very Likely

What did you like best about this workshop?

How helpful the instructors were at making sure you understood how to be effective w/ your body & voice. I felt like I did learn & the environment felt safe.

What did you like least about this workshop?

References to the police. For some, cops ~~are~~ symbolize violence that they have to defend themselves against. I would avoid those examples.

What could be improved in this workshop?

Again, avoid examples w/ cops (especially positive examples). Not everyone feels safe w/ cops.



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On a scale of 1-10, how would you rate this workshop? 9/10

How likely are you to recommend this workshop to a friend or family member? (circle one)

Very Unlikely

Unlikely

Neutral

Likely

Very Likely

What did you like best about this workshop?

Sensitivity around trauma, feeling powerful in my body remembering I am capable. really had a great time, and will continue training.

What did you like least about this workshop?

It was hard to switch partners, I felt that once I felt comfortable with one person I'd have to do it again which slightly distracted from my focus.

What could be improved in this workshop?

Using police as an example of safety could be examined as many minorities experience violence from police - specifically women who call 911 from an assault situation



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On a scale of 1-10, how would you rate this workshop? 7

How likely are you to recommend this workshop to a friend or family member? (circle one)

Very Unlikely

Unlikely

Neutral

Likely

Very Likely

What did you like best about this workshop?

The hands on practice

What did you like least about this workshop?

The assumption that ~~police~~ police are safe, I think there should be more sensitivity to the fact that a lot of people of color don't feel safe or protected by the police.

What could be improved in this workshop?

More feedback from the instructors would be helpful during the hands on practice

Then being assaulted by police. And of course people of color, how they may feel un-represented with this use of police as safety.



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How likely are you to recommend this workshop to a friend or family member? (circle one)

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Likely

Very Likely

What did you like best about this workshop?

How we got to learn like saving techniques
 in a safe and instructive environment. The instructors were
 What did you like least about this workshop? *amazing as well.*

probably how early it was. I am not a morning
 person, other than that, it was great.

What could be improved in this workshop?

~~Nothing~~ I can't really think of anything.

Current workshop!



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thank you!



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What did you like best about this workshop?

So impl. to have a woman demonstrating techniques
 + giving women of all ages the tools + courage. *Girl Power!*

What did you like least about this workshop?

shorter ^{visual} presentation + more hands-on activity,
 + more corrections from the experts

What could be improved in this workshop?

another version that builds on the previous workshop.



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What did you like best about this workshop?

*The actual representations
of being attacked*

What did you like least about this workshop?

too early in the morning

What could be improved in this workshop?

Nothing!! thank you so much



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What did you like best about this workshop?

~~*You get to fight before end*~~

You get to fight the end

What did you like least about this workshop?

nothing

What could be improved in this workshop?

nothing



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Very Likely

What did you like best about this workshop?

The useful experience / getting out of comfort zone / hands on experience

What did you like least about this workshop?

n/a

What could be improved in this workshop?

n/a



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What did you like best about this workshop?

LOVE the drills & the instructors

What did you like least about this workshop?

only that I wish it was longer!

What could be improved in this workshop?



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What did you like best about this workshop?

Actual, face to face experience

What did you like least about this workshop?

N/A

What could be improved in this workshop?



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Very Likely

What did you like best about this workshop?

There were several techniques that were new to me. and I like the training.

What did you like least about this workshop?

—

What could be improved in this workshop?

If you can open something for children I would love it.



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Very Unlikely Unlikely Neutral Likely Very Likely

What did you like best about this workshop?

I liked the supportiveness of the staff & their encouragement to engage fully with the defense techniques

What did you like least about this workshop?

All of the statistics in the beginning

What could be improved in this workshop?

encourage the vocal part of the workshop even more!



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What did you like best about this workshop?

Everything!

What did you like least about this workshop?

What could be improved in this workshop?

Victoria



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Likely

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What did you like best about this workshop?

Learning new things to fight off a predator

What did you like least about this workshop?

I wish there were more moves & time

What could be improved in this workshop?

Different moves at each workshop



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What did you like best about this workshop?

teachers

What did you like least about this workshop?

—

What could be improved in this workshop?

—

Emma



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Very Likely

What did you like best about this workshop?

I liked the real fight!!

What did you like least about this workshop?

I kind of wish we had more time!
I want to practice the moves more!

What could be improved in this workshop?

Have more ~~work~~ workshops! Instead of every 2 months
do it like once a month!



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What did you like best about this workshop?

Real life practice at the end, switching partners

What did you like least about this workshop?

not enough bathroom stalls ☺

What could be improved in this workshop?

less time on the powerpoint try Add: Tier 1: moves on canvas w/ partner
Tier 2: random moves of everything learned, on canvas w partner and trainers
then: Tier 3: real-life at the end

*Aids class!