



WOMEN'S SELF-DEFENSE WORKSHOP

Post-Workshop Evaluation

October 23, 2022



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?

The hands on practice is good, and the real experience in the end is very eye opening.

What did you like least about this workshop?

nothing

What could be improved in this workshop?

nothing I can think of, but I wish it were longer!!



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What did you like best about this workshop?

Real-life experience / The last activity \Rightarrow empowerment
In short, but I can do something.

What did you like least about this workshop?

Schedule? Sunday night if you can schedule rather than Sunday night? 😊

What could be improved in this workshop?

I'm just lucky to experience this lesson.



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What did you like best about this workshop?

What did you like least about this workshop?

What could be improved in this workshop?



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

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What did you like best about this workshop?

I liked the scenario, it felt really good
to know that I had a chance at getting away.

What did you like least about this workshop?

I didn't like some of the pain with it,
but it wasn't too bad.

What could be improved in this workshop?

Maybe just try a woman attacker as well? Not sure if
that happens often, but it might be good.



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What did you like best about this workshop?

Practical ~~techniques~~ hands on
application activity at the end

What did you like least about this workshop?

What could be improved in this workshop?

more practical Prevention



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What did you like best about this workshop?

Putting it into practice on the end.

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?

The opportunity to participate in a hands-on experiences.

What did you like least about this workshop?

Seeing the number of ~~people~~ ^{women} in this room who have been abused. It wasn't that I didn't like it. It was just sad to know that so many have been abused.

What could be improved in this workshop?

Nathan's, keep doing great work!



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What did you like best about this workshop?

all the hands on practice, especially the last simulation of an attack

What did you like least about this workshop?

n/a

What could be improved in this workshop?

teach how to do a real punch



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What did you like best about this workshop?

helpfully, freely, knowledge.

What did you like least about this workshop?

Nothing

What could be improved in this workshop?

I can not think of anything



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What did you like best about this workshop?

THE HANDS ON ATTACK

What did you like least about this workshop?

TIME TO SHOUT

What could be improved in this workshop?

microphone (of) How to get out
Hard to Hear CHOKER
Hold



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What did you like best about this workshop?

It allowed me to understand better how to protect myself

What did you like least about this workshop?

It was scary, but very worth it

What could be improved in this workshop?

I enjoyed it all, it made me get out of my comfort zone.



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What did you like best about this workshop?

The heels on - full body portion

What did you like least about this workshop?

The opening Powerpoint - although, wouldn't want it to change.

What could be improved in this workshop?

nothing



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What did you like best about this workshop? Very respectful & educated instructors, Very motivational Very hands on application, +empowering. thanks for sharing his personal story.

What did you like least about this workshop?

- Nothing

What could be improved in this workshop?

- nothing

+ I like the encouragement of prevention first then try to get away. I learned so many tips and it helped me face the psychological side of attacks too.



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What did you like best about this workshop?

The demonstrations and practices with the instructors rotating around with pointers and assisting with the moves

What did you like least about this workshop?

Overall excellent.

What could be improved in this workshop?

Practice with one of the instructors to really try the moves



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What did you like best about this workshop?

I liked how informative & hands on this workshop is.

What did you like least about this workshop?

The fact that women don't know these basics, & that we have to learn because of this crazy world.

What could be improved in this workshop?

NOTHING! Y'all are AMAZING.



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What did you like best about this workshop?

friendly no judgement - learned a lot about real life experience

What did you like least about this workshop?

What could be improved in this workshop?



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What did you like best about this workshop?

The last experience. Real ~~contact~~ attacks.

What did you like least about this workshop?

What could be improved in this workshop?



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What did you like best about this workshop?

I honestly really liked the last part, the real attack.
It was scary but really helpful.

What did you like least about this workshop?

Just that I was sweating lol.

What could be improved in this workshop?

Maybe more time for ~~the~~ techniques?
And having a system where we rotate.



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What did you like best about this workshop?

How friendly everyone was and how hands on it was
i could see how it could be applied.

What did you like least about this workshop?

Nothing i was just afraid

What could be improved in this workshop?

I cant think of anything