WOMEN'S SELF-DEFENSE WORKSHOP
Post-Workshop Evaluation
April 15, 2023

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?

Everyone was so kind & helpful. There were also some good moves that we learned.

What did you like least about this workshop?

I couldn't go full force :(had to be nice to my mother haha

What could be improved in this workshop?

I think you shouldn't show that video of the attacks (too violent & not needed)

WOMEN'S SELF-DEFENSE WORKSHOP
Post-Workshop Evaluation
April 15, 2023

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 really liked the handson experience

What did you like least about this workshop?

It was a lot to learn/remember in one sitting

What could be improved in this workshop?

opportunity for a part 2

WOMEN'S SELF-DEFENSE WORKSHOP
Post-Workshop Evaluation

April 15, 2023

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 actual defense stuff

What did you like least about this workshop?

the stuff at the beginning; would rather just learn the techniques, not all the talking stuff

What could be improved in this workshop?

it's long — would like it to be split into 2 sessions

WOMEN'S SELF-DEFENSE WORKSHOP
Post-Workshop Evaluation

April 15, 2023

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?

Hands on

What did you like least about this workshop?

_____

What could be improved in this workshop?

_____

WOMEN'S SELF-DEFENSE WORKSHOP
Post-Workshop Evaluation
April 15, 2023

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?

Safe & friendly environment, learning some of the techniques

What did you like least about this workshop?

———

What could be improved in this workshop?

classes for little girls so I can bring to my daughter

WOMEN'S SELF-DEFENSE WORKSHOP
Post-Workshop Evaluation
April 15, 2023

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 I had the opportunity to use what we learn and we were able to see how strong we are

What did you like least about this workshop?

What could be improved in this workshop?

WOMEN'S SELF-DEFENSE WORKSHOP
Post-Workshop Evaluation
April 15, 2023

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?

Valuable tools you can use for the rest of your life / hands on

What did you like least about this workshop?

N/A

What could be improved in this workshop?

N/A

WOMEN'S SELF-DEFENSE WORKSHOP
Post-Workshop Evaluation
April 15, 2023

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?

Technique, safe environment

What did you like least about this workshop?

Nothing

What could be improved in this workshop?

class for the kids

WOMEN'S SELF-DEFENSE WORKSHOP
Post-Workshop Evaluation

April 15, 2023

On a scale of 1-10, how would you rate this workshop? _____ 11 "_____

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?

Hands on, actual practicing

What did you like least about this workshop?

What could be improved in this workshop?

WOMEN'S SELF-DEFENSE WORKSHOP
Post-Workshop Evaluation

April 15, 2023

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

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?

Comfortable, safe environment
realistic self defense tactics
ability to practice tactics/tools physically

What did you like least about this workshop?

great to practice with friends/peers, but
a totally different experience practicing with instructors
— more with instructors, please

What could be improved in this workshop?

See above. Super good.

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Post-Workshop Evaluation
April 15, 2023

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?

Skills to protect self, price, staff

What did you like least about this workshop?

nothing I can think of

What could be improved in this workshop?

not sure

WOMEN'S SELF-DEFENSE WORKSHOP
Post-Workshop Evaluation
April 15, 2023

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 challenge at the end.

What did you like least about this workshop?

What could be improved in this workshop?

More info on how to be prepared (or at least less vulnerable)

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Post-Workshop Evaluation

April 15, 2023

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. The 1 minute long escape. Didn't know how long a minute could feel! Felt feeling stronger

What did you like least about this workshop?

It could be beneficial to make it a 2-part Another 4 hour class 1 week later to help keep techniques in memory

What could be improved in this workshop?

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April 15, 2023

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?

learning I'm not completely helpless in those unfortunate circumstances

What did you like least about this workshop?

that the only option to go against the trainer was in front of everyone

What could be improved in this workshop?

giving the opportunity for people to go against the trainer in a less public way.

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April 15, 2023

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 energy! The applications!

What did you like least about this workshop?

time limit
should be more regular

What could be improved in this workshop?

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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 class was very welcoming and I felt
supported
I learned a lot

What did you like least about this workshop?

What could be improved in this workshop?