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?

Every one was so kind & halper. There were also some good moves that we learned

What did you like least about this workshop?

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

What could be improved in this workshop?

I think you shought show that video of the attacks (too violent



WOMEN'S SELF-DEFENSE WORKSHOP

Post-Workshop Evaluation

April 15, 2023



On a scale of 1-10, how wo	uld you rate this v	workshop?	0	
How likely are you to recon	nmend this works	shop to a friend	or family mer	nber? (circle one)
Very Unlikely	Unlikely	Neutral	Likely	Very Likely
What did you like best about I really 116	ut this workshop? If the Na	endson e	Xpen.	ence

What did you like least about this workshop?

It was 2 lot to learn remember In one Sthing
What could be improved in this workshop? opportunity for a part 2



Post-Workshop Evaluation

April 15, 2023



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WOMEN'S SELF-DEFENSE WORKSHOP Post-Workshop Evaluation

April 15, 2023



On a scale of 1-10, how would	you rate this v	workshop?)	
How likely are you to recomm	nend this works Unlikely	hop to a friend o	or family me Likely	wher? (circle one) 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?



Post-Workshop Evaluation





On a scale of 1-10, how wou	ıld you rate this	workshop?)		
How likely are you to recom	mend this work	shop to a friend	or family memb	per? (circle one)	
Very Unlikely	Unlikely	Neutral	Likely	Very Likely	
What did you like best about	t this workshop	e enment	learn	g some of the	4 technique
What did you like least abou	ut 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

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On a scale of 1-10, how would	l you rate this	workshop? 10		
How likely are you to recomm	end this work	shop to a friend o	r family mem	ber? (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 leave 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?



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April 15, 2023



On a scale of 1-10, how	would you rate this wor	kshop?	10			
How likely are you to red	commend this workshop	o to a frien	d or famil	ly membe	er? (circle o	one)
Very Unlikely	Unlikely	Neutral	Likely		(Very L	ikely
What did you like best a	bout this workshop?					
Valuable	took you	Can	USP	for	the	rest
of your	life /hands	on				
What did you like least a	about this workshop?					
N/A						
What could be improved	d in this workshop?			•		
N/A						



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On a scale of 1-10, how wo	uld you rate this v	workshop?	10	
How likely are you to recon	nmend this works	shop to a friend	or family men	nber? (circle one)
Very Unlikely	Unlikely	Neutral	Likely	Very Likely

What did you like best about this workshop?

Technique, sak envisonment

What did you like least about this workshop?

Nothing

What could be improved in this workshop?

class for the soxids



Post-Workshop Evaluation

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On a scale of 1-10, how wou	ıld you rate this v	workshop?		
How likely are you to recom	mend this works	hop to a friend	or family mem	ber? (circle one)
Very Unlikely	Unlikely	Neutral	Likely	(Very Likely
What did you like best about Hands on a	t this workshop?	oractic	ing	
What did you like least abou	ut 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?							
How li	kely are you to recomm	end this works	hop to a friend	or family memb	per? (circle one)		
	Very Unlikely	Unlikely	Neutral	Likely	Very Likely		
What	did you like best about	this workshop?					
Co	Comfatable 1922 environment Poslishe self deliner treties						
What	did you like least about	this workshop?	esteer 100	4.0	Q		
What did you like best about this workshop? Compatible 1826 environment Population self-defines treties about to prochee treties/tools physoply What did you like least about this workshop? Grant to prachee mit frinds/pross, but a fittly defent exprises packer mite instructors — There mit (highers) plans a What could be improved in this workshop?							
W/hat	sould be improved in th	2 س م طویاس میں م	- Wars 1	ut (Myshes	ns, pas 2		
vviiat	could be improved in th	iis workshop?	(0		
		X29 2	borz. 8	upor So	00.		



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? Skills to protectly self price Staff
What did you like least about this workshop?
What could be improved in this workshop?
nal sure
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? The challenge at the end.
What did you like least about this workshop?
What could be improved in this workshop? (or a rest now when the prepare of in more than the prepare of in more t
1000 1000 1000 1000 1000 1000 1000 100

0

WOMEN'S SELF-DEFENSE WORKSHOP

Post-Workshop Evaluation

April 15, 2023



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 hards on practice. The I minute long excape. Didn't know how long a rainte could feel! Felt feeling stronger What did you like least about this workshop? If could be beneficial to make it a Z-part Another 4 hour class I week later to help keep techniques What could be improved in this workshop?	On a scale of 1-10, how would y	you rate this workshop?	10		
What did you like best about this workshop? The hands on practice. The I 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 Z-part Another 4 hour class I week later to help keep techniques	How likely are you to recomme	nd this workshop to a frie	end or family membe	r? (circle one)	
It could be beneficial to make it a Z-part Another 4 hour class I week later to help keep techniques	Very Unlikely	Unlikely Neutral	Likely	Very Likely	
	Another	be bereficial 4 hour class	rimite long could feel! to make it	a Z-port ber to help 10	ierp techniques



WOMEN'S SELF-DEFENSE WORKSHOP Post-Workshop Evaluation

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On a scale of 1-10, how wou	ld you rate this wo	orkshop?)		
How likely are you to recom	mend this worksh	op to a friend or	family meml	ber? (circle one)	
Very Unlikely	Unlikely	Neutral	Likely	Very Likely	
What did you like best about	t this workshop?		10	-1 100	
learning 1	im not a	complete	ely no	elphess in	there.
What did you like least about	it this workshop?	umstan	ces	0/ 11-	
What did you like least about that The Orthoner	nly opti	ion to	90 00	jounst the	
trainer wo	is in from	t of el	rendon	L.	
What could be improved in t	this workshop?	tus 605	peop	le to	
giving the o	he trai	ner in	a re	es public v	ay.



Post-Workshop Evaluation

April 15, 2023



On a scale of 1-10, how wou	ld you rate this v	workshop?	0				
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 application!

What did you like least about this workshop?

time limit should be more regular

What could be improved in this workshop?



WOMEN'S SELF-DEFENSE WORKSHOP

Post-Workshop Evaluation

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On a s	scale of 1-10, how wo	ould you rate this v	workshop?	0	
How I	ikely are you to recor	nmend this works	shop to a friend	or family men	
4	Very Unlikely	Unlikely	Neutral	Likely	Very Likely

What did you like best about this workshop?

t did you like best about this workshop?

THE Class was very welcoming and I tell
Supported

Add you like least about this workshop?

The class about this workshop?

What did you like least about this workshop?

What could be improved in this workshop?