

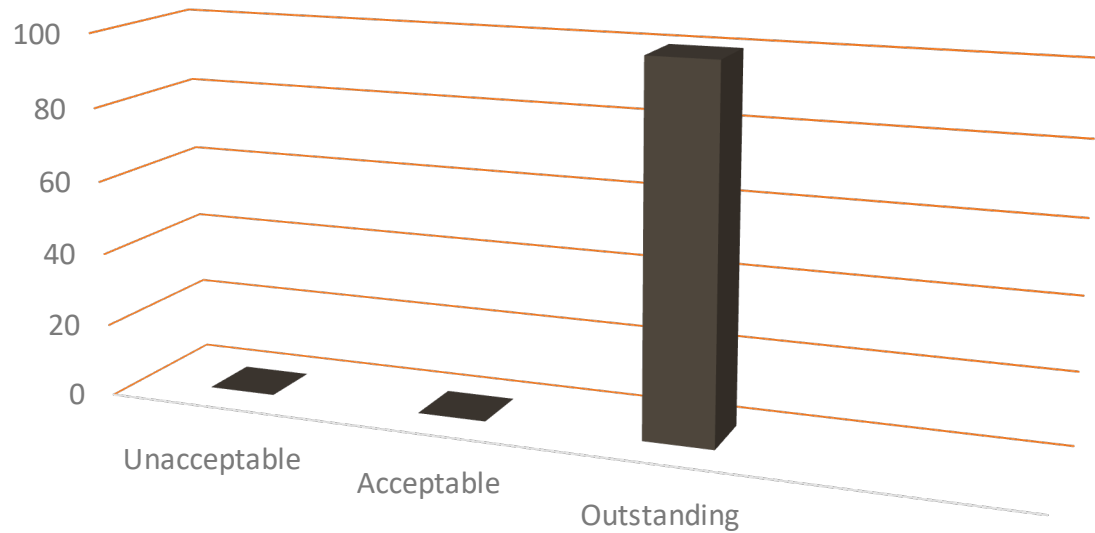


BURSARS: COHORT 2021
TOTAL: 10 SESSIONS

ATTITUDE
CHANGES
EVERYTHING

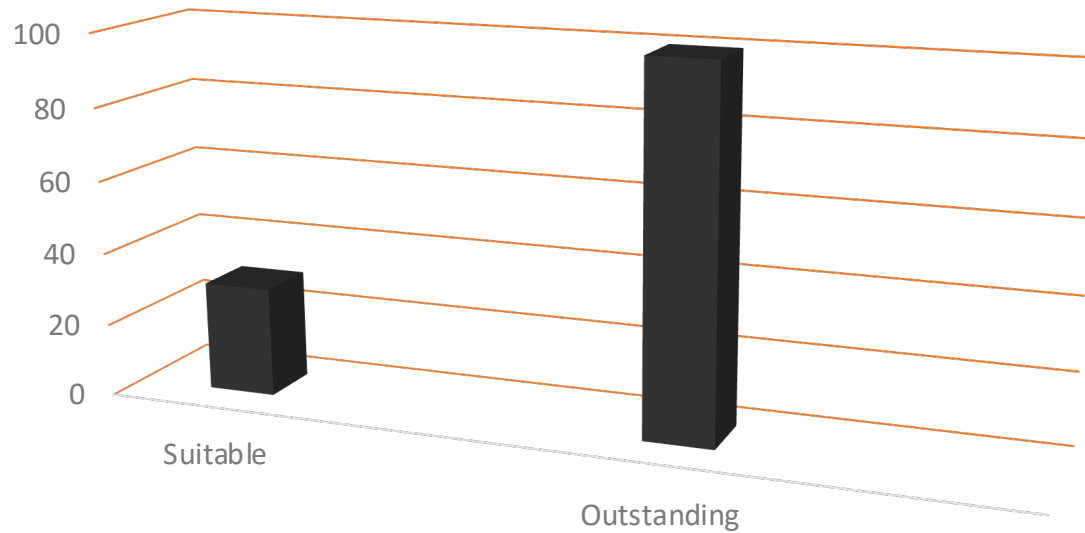
 **ACE** | **REVIEW**
Attitude **Changes** Everything

Q1: Did the ACE content meet your expectations?

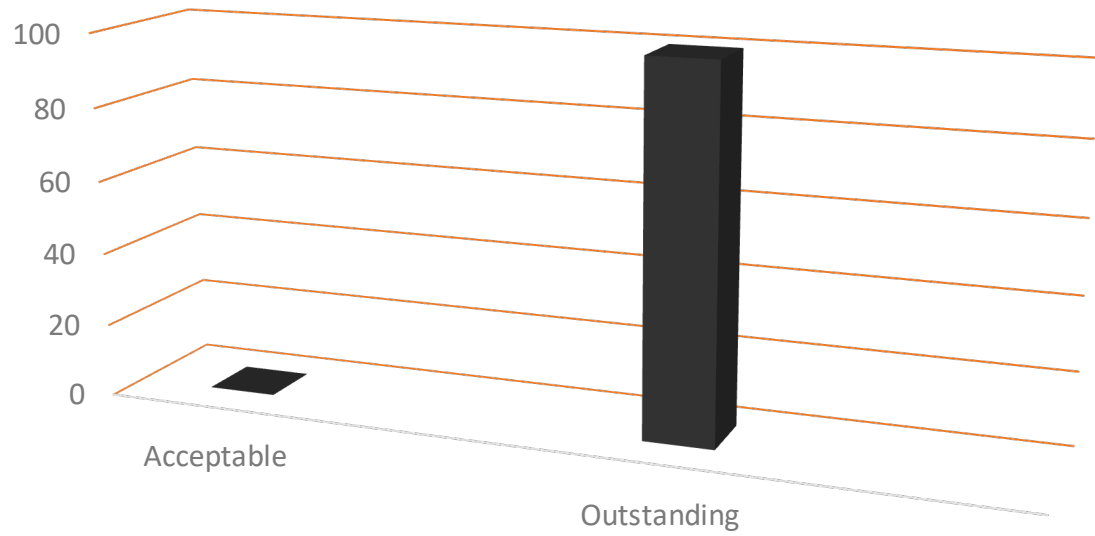


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Q2: Were the mix of presentations and activities suitable?



Q3: How would you rate the facilitators level of **subject knowledge**?

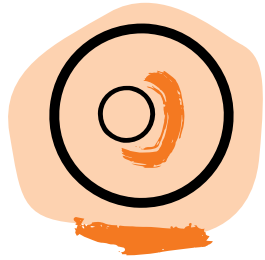


COMMENTS (QUALITATIVE)

- The content was very informative and the engagement during the sessions was amazing.
- My attitude towards things have changed because of ACE.
- The different modules have all have contributed into building my resilience.
- The content was beyond my expectations.
- At first, I was attending because it was compulsory, but I saw how informative the sessions were and the impact they were having in my life.
- The facilitation of the sessions was a key part of the experience. Chrizelda made the sessions feel like a safe space to share, learn and just be.
- Everyday applicability has been far beyond what I expected.
- I have grown emotionally, and I am able to navigate and understand my emotions.
- I have received resilience tools and they have helped me navigate my personal life, how I treat myself as well as how I treat others. It has been a great learning experience as I have learnt to be less of my own persecutor in life.

SUGGESTED CHANGES

- Sharing of slides.
- Face to face sessions: as it allows people to be more personal and enable important social connections.



THANK YOU



CHRIZELDA WALTERS

*Consciousness Coach & Industrial
Psychologist*

Ace Skills Training – Facilitator



ATTITUDE
CHANGES
EVERYTHING