

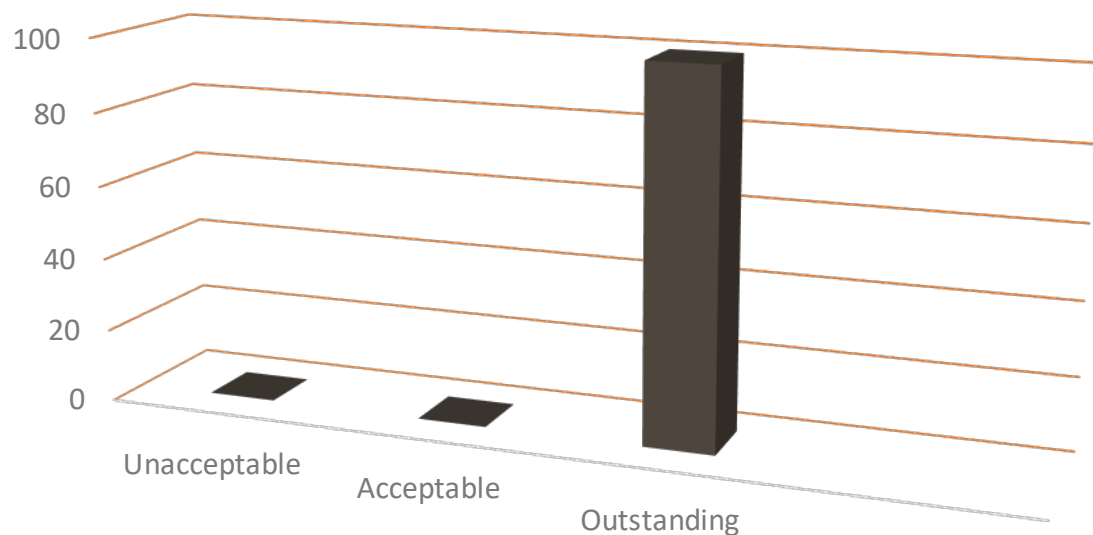


**BURSARS: COHORT 2021**  
**TOTAL: 10 SESSIONS**

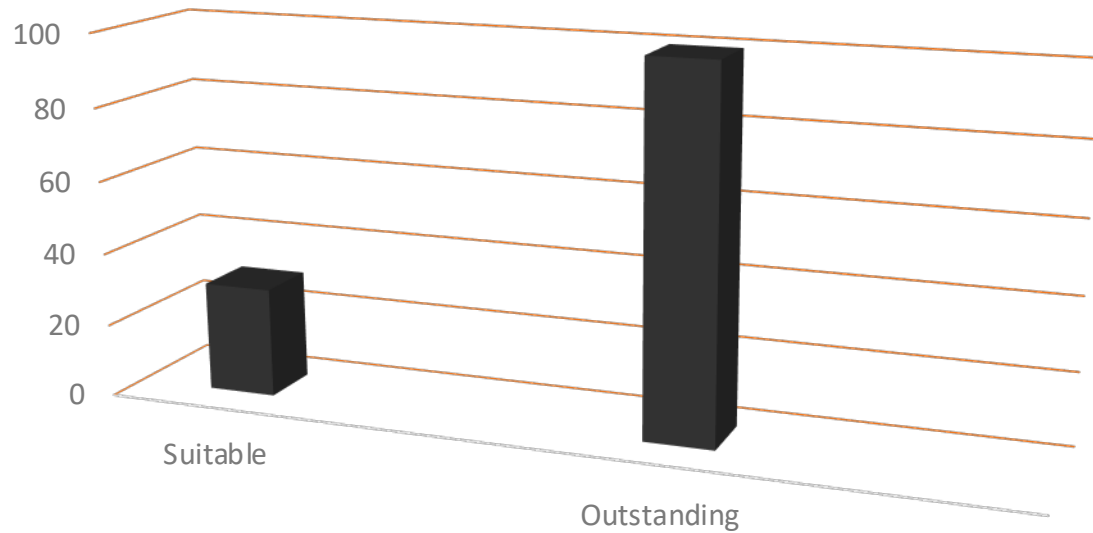
ATTITUDE  
**CHANGES**  
EVERYTHING



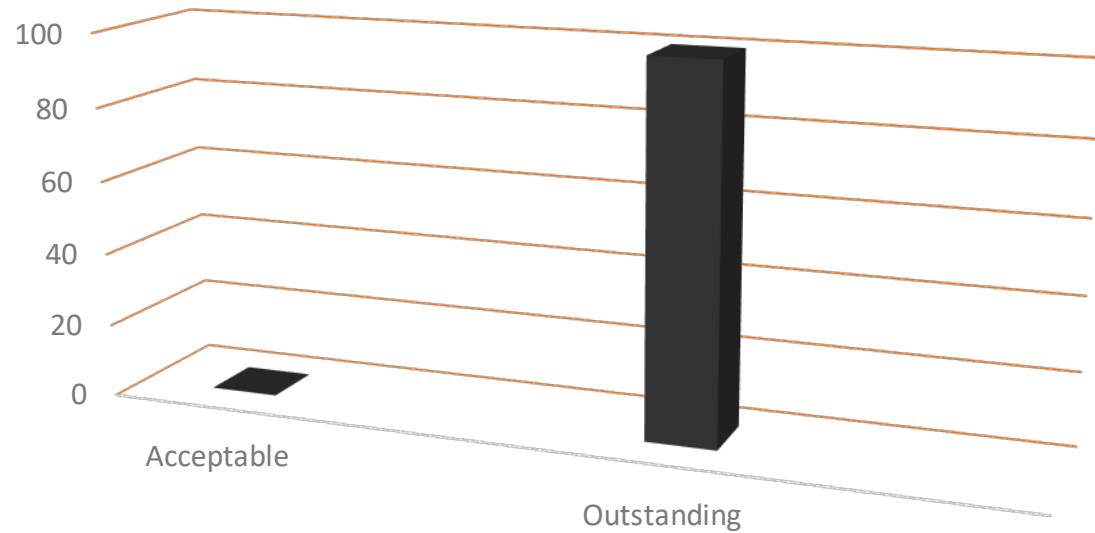
# Q1: Did the ACE content meet your **expectations**?



## Q2: Were the **mix of presentations and activities** suitable?



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

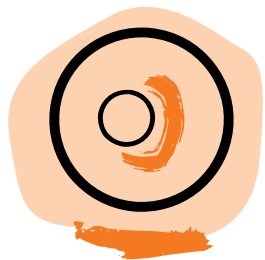


## COMMENTS (QUALITATIVE)

- 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