



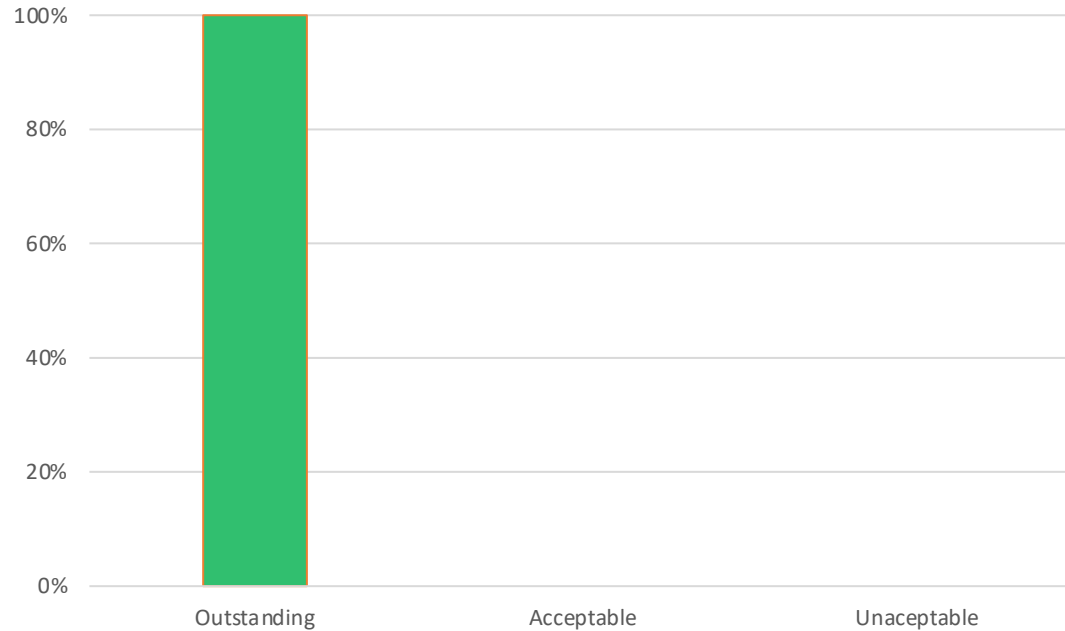
CORONATION BURSARS FEEDBACK 2023/24

TOTAL: 10 SESSIONS

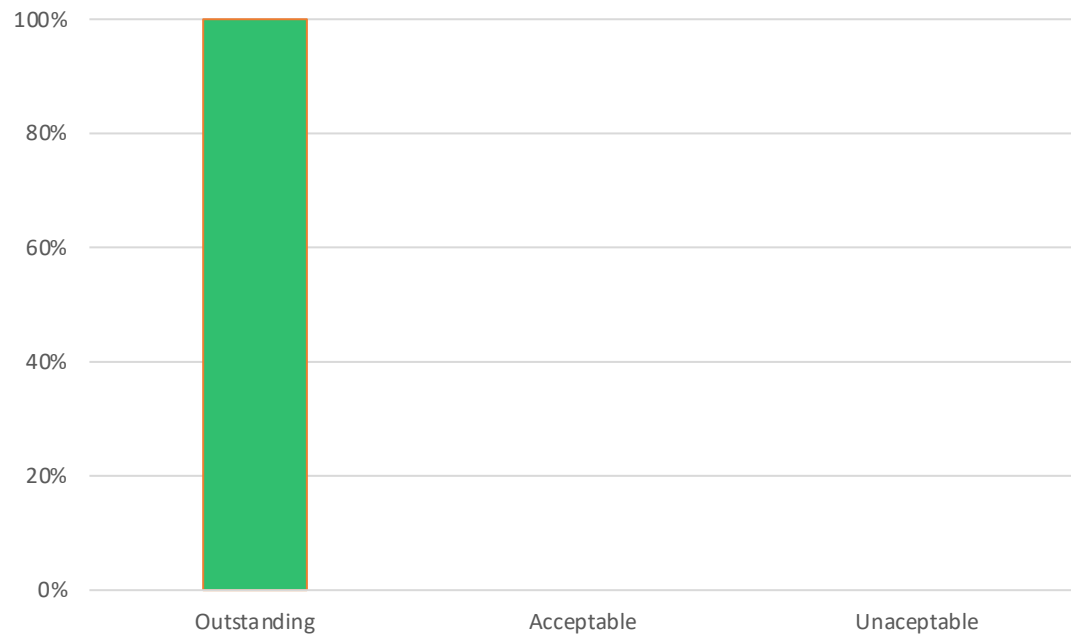
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EVERYTHING



Q1: How would you rate the **facilitator's level of subject knowledge?**



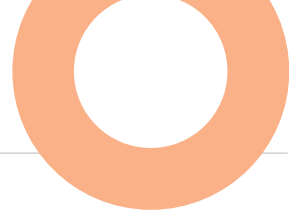
Q2: Was the **mix of presentations and activities** suitable?



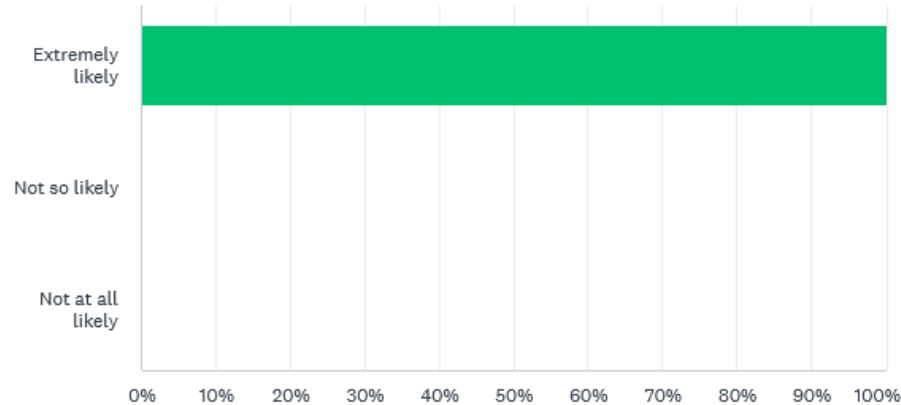
Q3: What **value** did the ACE sessions **add to your life**?

- ACE equipped me with a toolkit of skills and knowledge of practical ways to implement communication, resilience, emotional awareness, and prioritising.
- It allowed me to take time for self-reflection, which was much needed for me to navigate through. After completing this programme, I feel more confident in my own ability to keep growing and working towards attaining my goals.
- ACE added my comprehension of how I saw things, how I processed my thoughts and feelings as well as a drastic improvement to my intrapersonal life.
- It allowed me to reflect and take time away from my studies to just connect with myself.
- Added value in terms of improving my life and being able to be self-aware and aware of my surroundings.
- ACE has really allowed me to develop as a person, by forcing to face hard truths about myself and accepting that I need to look within to fully grow as a person.

Q4: How likely are you to **recommend ACE** to others?



100% said Extremely likely



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Q5: Please share **suggestions to improve ACE?**



ACE was phenomenal throughout the training, and I honestly have no complaints as the staff were amazing and actually cared about each individual.



More in person sessions, otherwise everything was great.



I think if the sessions are closer together like it was at the end, once a month, is really good.



They can have the sessions a bit later in the morning.



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Q6 Any **additional comments** or thoughts?



Thank you for everything. This experience was invaluable.



Thank you so much for this valuable time!



I am impressed by the program and its organizers.





THANK YOU



CHRIZELDA WALTERS

*Consciousness Coach & Industrial
Psychologist*

Ace Skills Training – Facilitator



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