



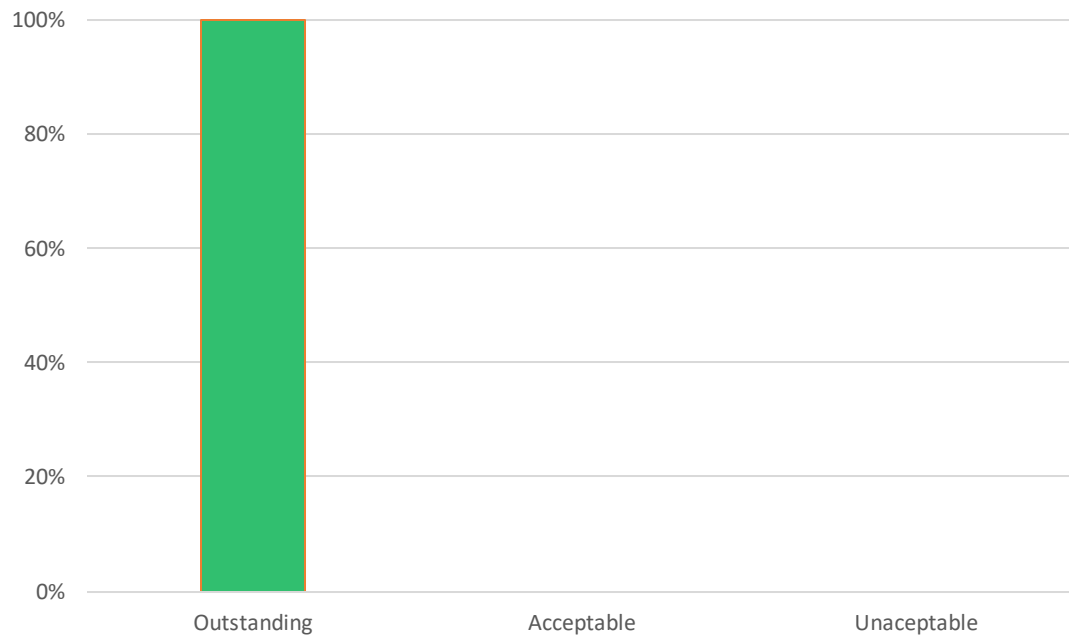
CORONATION BURSARS FEEDBACK 2024/25

TOTAL: 10 SESSIONS

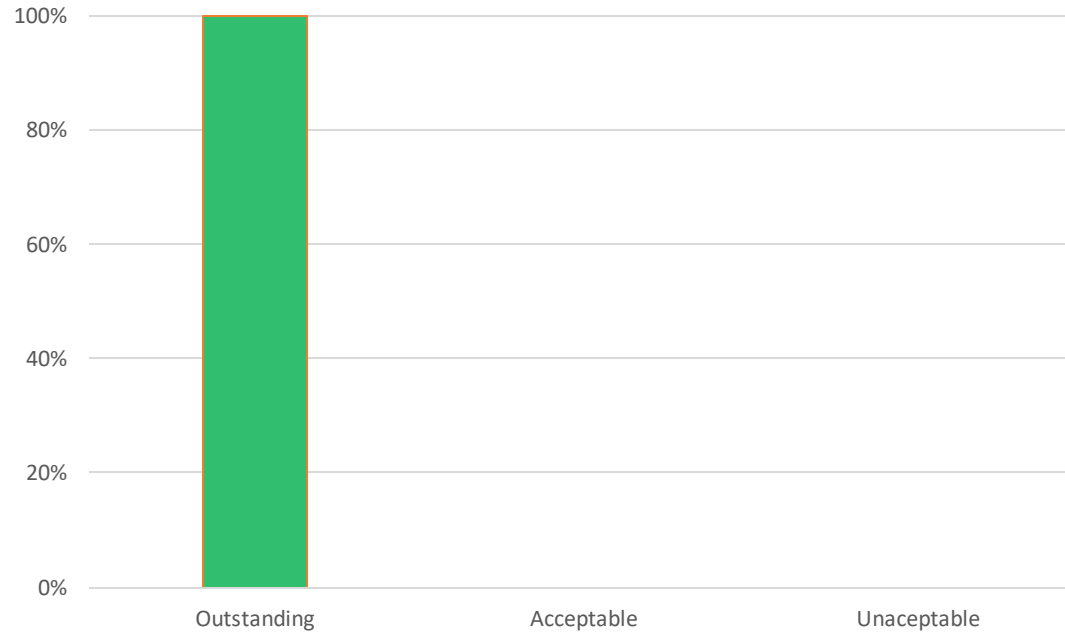
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CHANGES
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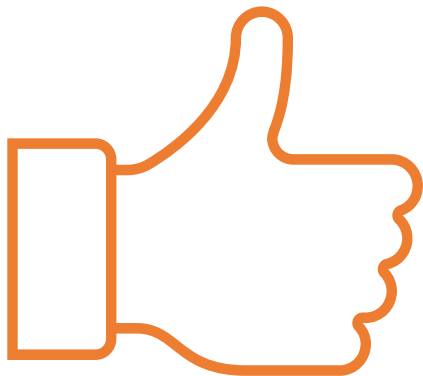
Q1: How would you rate the quality of the training?



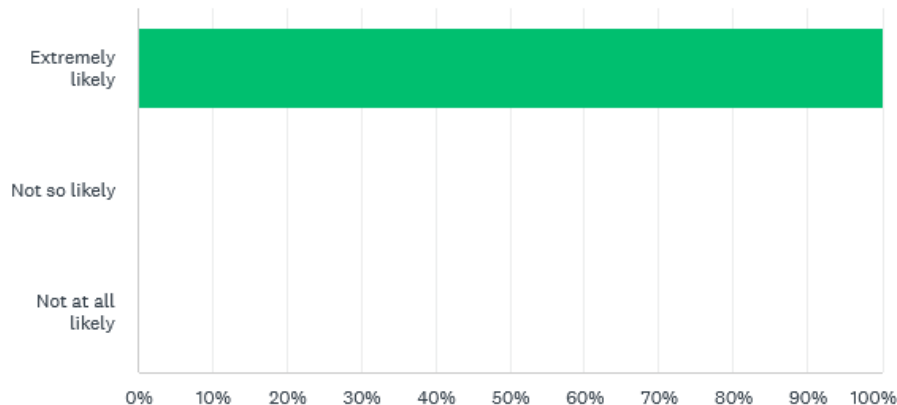
Q2: How would you rate the facilitator's level of subject knowledge?



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



100% said Extremely likely



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

The ACE program taught me that it is okay to take a moment to breathe and get in touch with your feelings while also being kind to others. I love how the program introduces you to compete strangers in the start for which you go ahead to build a meaningful relationship with all of them through the sessions they schedule

The ACE session improved my self-awareness and taught me how to check in on myself more often. I got to learn about life aspects that we are not taught in school, such as the importance of emotional intelligence, stepping outside of our comfort zone reasonably..





It challenged my beliefs on certain topics such as the behavior of people and it opened up my mind on aspects of life that I did not think was important or things that I disregarded such as my self - awareness. It was a great experience where I met people with different backgrounds and learnt different things from them. Chrizelda was an extremely good facilitator that always answered my questions well and gave us a welcoming spirit.

The ACE program has provided me with insight into resilience. What is it, why it is important, and how one can become resilient. I was able to become more self-aware by understanding my own thoughts and behaviours. I identified some of my strengths and weaknesses which I can now capitalize on and improve on respectively. I considered myself to be someone who found small gatherings like the ACE sessions and sharing my thoughts and experiences to be overwhelming and sometimes hard. But ACE has helped me overcome that fear. As each session progressed, I become more comfortable with everyone and open to sharing my thoughts. The ACE sessions have helped me spiritually as well, drawing closer to God through the modules covered. Thank you so much ACE!

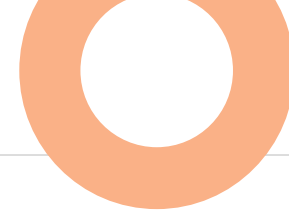


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Q5: Please share suggestions to improve ACE?

-  The program is amazing as it is
-  I have no suggestions. The programme was well-run and I have no complaints
-  Maybe have the sessions at a later time where we can be fully focused.
-  I would suggest 1 or 2 in-person sessions. I feel like I have developed a close relationship with each member of the group and meeting them in person would have added more value. Similarly, sometimes, I find it hard to constantly be talking to a screen. I find face-to-face conversation to be more engaging. I understand zoom calls are the most effective, thus only 1 or 2 in person sessions. Another suggestion would be to include more real-life examples to the ACE booklet. In the session we are able to share perspective and experiences, but sometimes I forget everything that was shared. When reflecting on the session in the booklet and my notes, sometimes I struggle to remember the application thereof.

Q6: Any additional comments or thoughts?



None at the moment. Would love to meet everyone in person even though that might be difficult due to the barriers of being in different areas.



Thank you for granting me the opportunity to be an ACE delegate. I experienced some personal growth throughout these sessions.



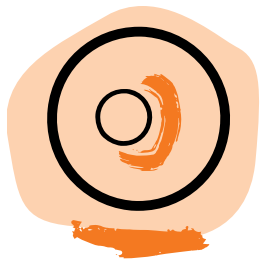
I learnt a lot from these sessions, and I can gladly say that I have and will carry on implementing the knowledge and perspectives I have gained. Thank you.



The facilitator created a safe space where I felt heard and supported. She ensured everyone had an opportunity to share their thoughts. I really enjoyed all the modules covered in the program. It is things that aren't commonly spoken of, but really important in every aspect of life.



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THANK YOU



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