

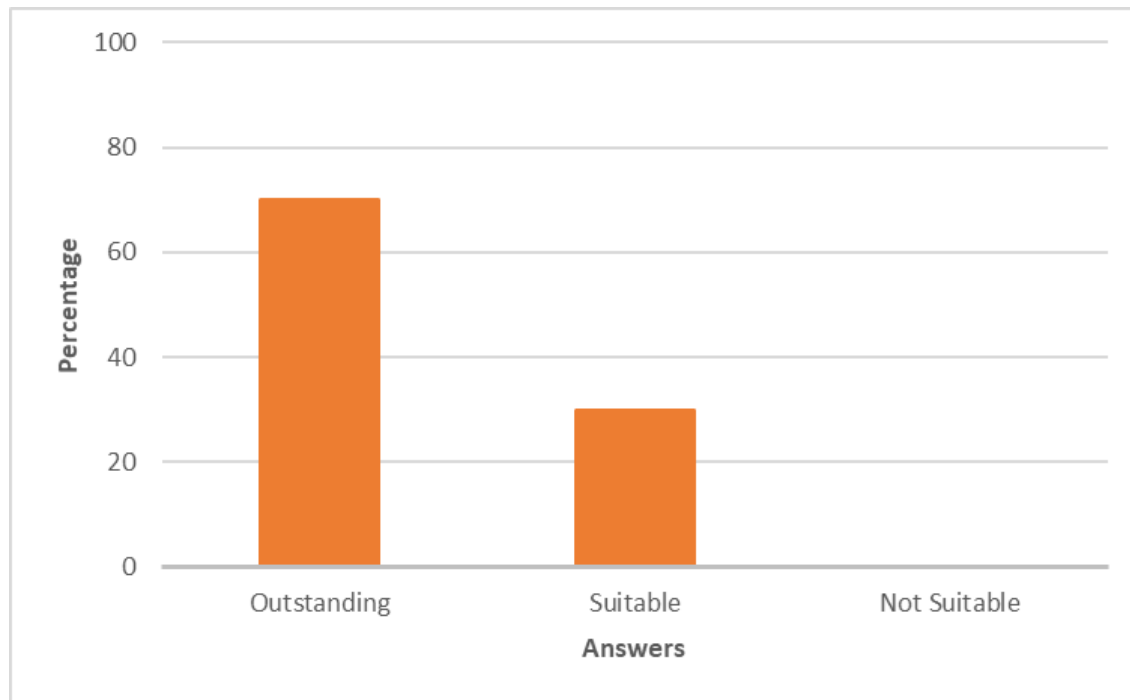


INTERNS: CORONATION 2022
TOTAL: 10 SESSIONS

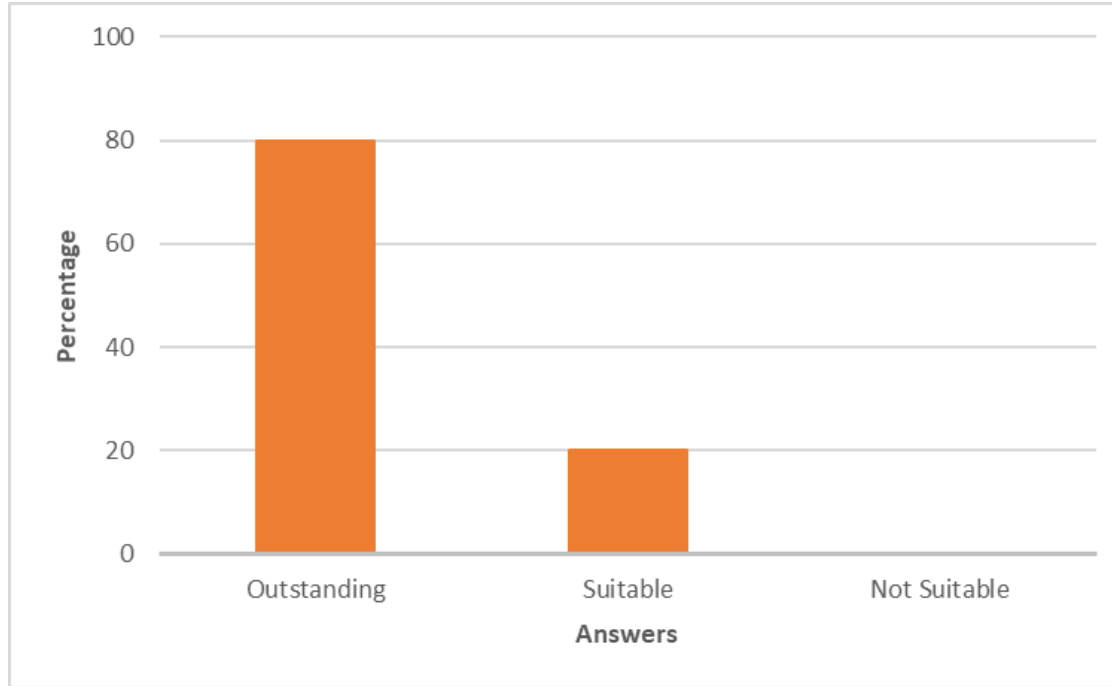
**ATTITUDE
CHANGES
EVERYTHING**

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

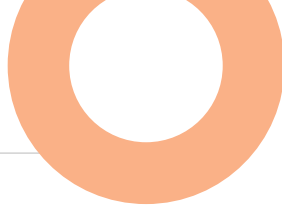
Q1: Are the **mix of presentations and activities** suitable?



Q2: How would you rate the **facilitators level of subject knowledge**?



Q3: What **values** are the ACE sessions **adding to your life**?

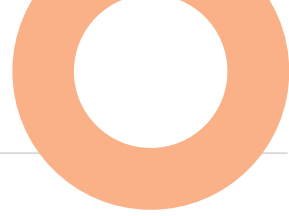


- ACE helped me to realize that I may not have control on what happens to me, but I have control on my attitude and actions resulting from things that may happen to me.
- I am able to have introspective moments to reflect before making big decisions in my life.
- The sessions have helped me to broaden my perspective and view things holistically.
- ACE has been beneficial in my personal and professional life.
- I am a person that always gets stuck in my own mind, these sessions helped me take a step back and allow myself to see the whole picture. This was beneficial as it helped me overcome a few issues in my life.
- Changing the way I approach certain situations.
- It made me grow mentality which I needed .
- Helped improve my self-confidence and bring awareness to myself.



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

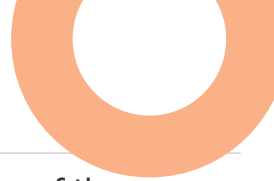










100% said Extremely likely



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



-  I would say sessions towards the end of the month. Given that we are busy towards the being of the month having session towards the end will help staying focused and present in the sessions.
-  I am satisfied with how the sessions were conducted.
-  I enjoyed the last two sessions as they allowed us to engage with each other and share more. More of such sessions could be good.
-  1-hour long sessions at a time instead of 2 hours.
-  I would make the sessions closer together, it is easy to get lost with work and with the sessions closer together you are able to absorb the knowledge in a more concentrated dose.
-  More sessions where we get time to reflect and think to ourselves about what we discussed.
-  Get people to talk more.
-  None, everything was great!

Q6 Any **additional comments** or thoughts?

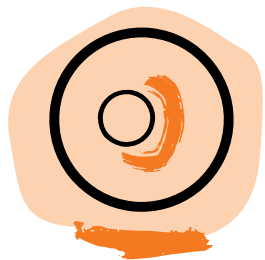


I enjoyed the sessions and appreciated how the facilitators valued me and my opinions.



Thank you for helping me through the most difficult phase of my life.





THANK YOU



CHRIZELDA WALTERS

*Consciousness Coach & Industrial
Psychologist*

Ace Skills Training – Facilitator



ATTITUDE
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