



## **FEEDBACK FORM**

**NAME/SURNAME:** .....

**DOB:** .....

**COURSE TITLE:** THERAPEUTIC ART GROUP SESSION

**COMPANY:** .....

**DEPARTMENT:** .....

**SESSION DATE(S):** .....

Thank you for attending tonight's session aimed to help improve self-esteem and enhance empowerment in the comfort of your home and in a safe space. This was available to those interested in exploring alternative forms of self-help to break down barriers preventing success on a personal or professional level.

Please answer the following questions (circle or highlight your answer):

1. Did you find the sessions helpful?    Yes            A Little            No
2. If yes or a little, how in particular? .....  
.....
3. Have you engaged in any Therapeutic Art in the past?    Yes            No
4. Would you consider taking part in another group session again in the future? Yes/No
5. How would you rate the facilitator?    Excellent            Good            Poor
6. Why in particular have you chosen your answer above? .....  
.....

7. Which area(s) of the session(s) did you enjoy the most? .....
- .....
8. What would you like to see more of? .....
- .....
9. What would you like to see less of? .....
- .....
10. Are you happy for me to share your comments (plus name & company) on this feedback form for promotion purposes?    Yes            No
11. Would you be interested in 1-2-1 and/or Therapeutic Art Sessions?    Yes            No

***Thank you for taking the time to complete this feedback form!***

It was a pleasure meeting you all and hearing your stories...



**Yeşim Guner is a Chartered Occupational Psychologist** (registered by the Health and Care Professions Council), an Associate Fellow of the British Psychological Society and a co-author of a book titled 'Young People, Employment & Work Psychology: Solutions and Interventions'. She has 16+ years of experience in the field ranging from working at a London Local Authority, a private consultancy and as a freelance practitioner.

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or 07921 610 251 for further details.

Do not hesitate to get in contact for a free confidential telephone consultation!

You can find me on LinkedIn under Yeşim Guner and on INSTAGRAM [@navigateyourmind](#) (public account) and [@therapeutic\\_artwithyesim](#) (members only account) and FACEBOOK [@therapeuticartuk](#) for regular support, inspiration, motivation and SMART targets to ensure you remain on route to achieving your goals.

Website: [www.navigateyourmind.co.uk](http://www.navigateyourmind.co.uk)  
is currently under construction and will be completed shortly!

"Slow down and enjoy life.  
It is not only the scenery you miss going too fast -  
you also miss the sense of where you are going and why".  
**Eddie Cantor (1892 - 1964)**