

Results: Well-being Questionnaire Programme

Freedom Programme

Evaluation Form - Results December 2022

I am better able to understand different aspects of abusive behaviours and the reasons and beliefs behind them

6 responses



I have gained a greater awareness of healthy relationships and non-abusive behaviour

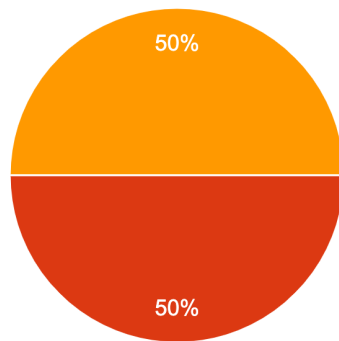
6 responses





I have gained some self-confidence and am more compassionate towards myself

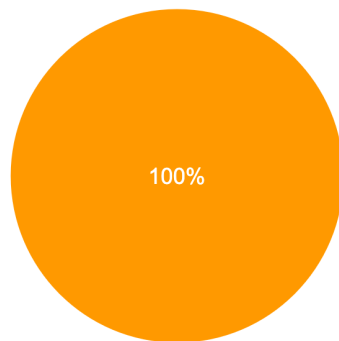
6 responses



- Disagree
- Partially Agree
- Strongly Agree

The content of the programme was:

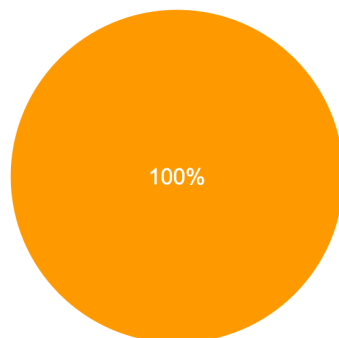
6 responses



- Too much
- Too little
- Just right

The pace of the programme was:

6 responses



- Too fast
- Too slow
- Just right



Most useful part of the programme for you?

6 responses

1. feeling safe
2. The bonding with other women. Realising you aren't alone and that it is not your fault.
3. I enjoyed this programme so much, it's given me so much and awareness to prevent abusive relationships.
I really enjoyed meeting lovely women.
Marie and Lesley were so kind and supportive.
4. Learning about all the different kinds of abuser
5. Head woner
6. Learning all the different categories of how "men" can be abusive

Least useful part of the programme for you?

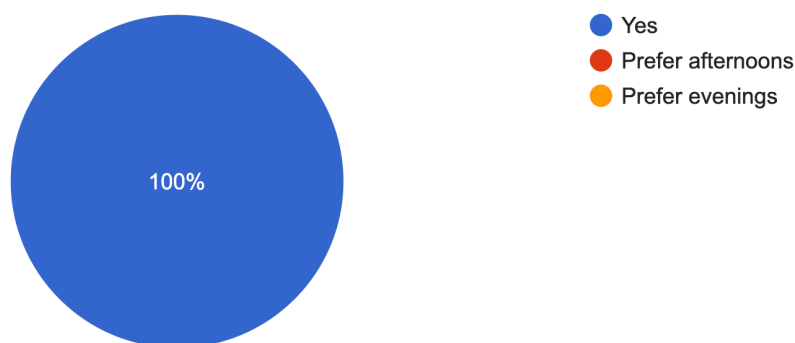
5 responses

1. sure didn't see one
2. It was all useful
3. Absolutely nothing. Everything was so valuable.
4. It was all helpful
5. None, all the information was new to me and very helpful



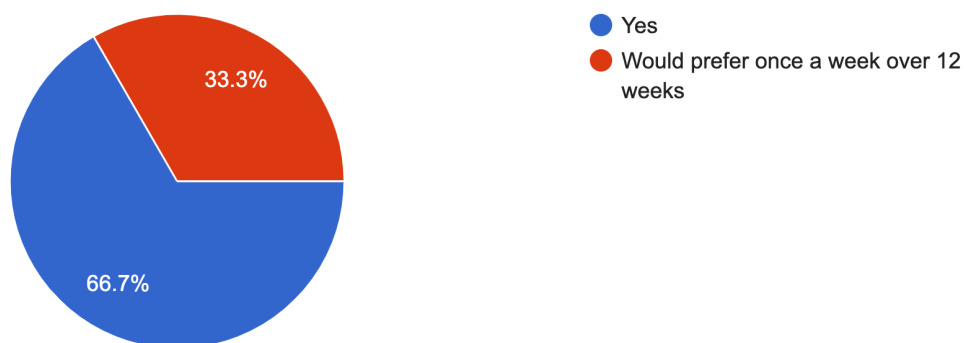
This programme ran from 9:30am to 12pm. Did this work for you?

6 responses



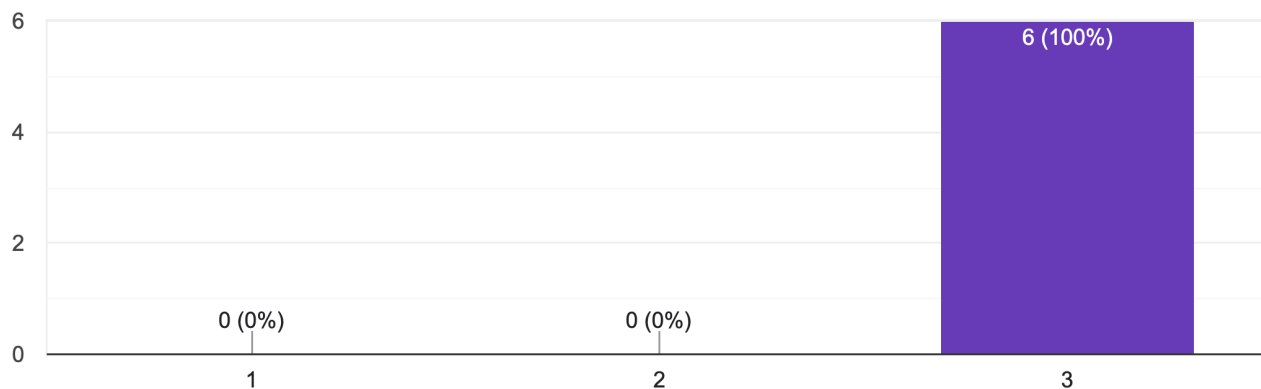
This programme ran twice a week over 6 weeks. Did this work for you?

6 responses



How likely are you to recommend this programme to someone else?

6 responses





Any other comments or suggestions?

4 responses

1. Child care was hard for twice a week over 6 weeks

2. Thank you Marie and Lesley for all your kindness and support.

3. Pace question - in between "too slow" and "just right"... the pace picked up as days went on =)

Meeting and connecting with other women was amazing.

Marie and Lesley were brilliant.

Good to give examples of each persona and how they use tactics after you have left the relationship (even many, many years later).

Amazing to have an awareness around all this as can then stay 10 steps ahead of the dominator.

4. Miss you keep in contact

I agree for my comments to be used anonymously by Oasis for future marketing

4 responses

