



### **CHECKLIST FOR MODULE 1 DELIVERY**

**Instructions to the Facilitators and Assistant Facilitators:**

Please complete this checklist at the end of each session to provide us with feedback on what was covered and how the session went. This feedback will help us assess if the sessions can be delivered as planned and identify potential challenges and improvements.

**Date & time of the session:** \_\_\_\_\_

**Session number:** \_\_\_\_\_

**Venue:** \_\_\_\_\_

**Facilitators' names:** \_\_\_\_\_

**Session duration (as delivered):** \_\_\_\_\_


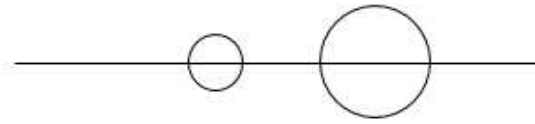
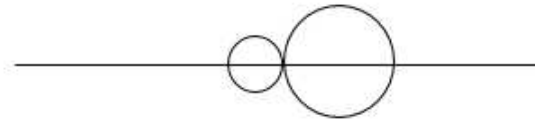
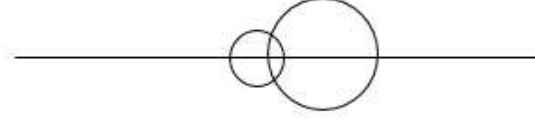
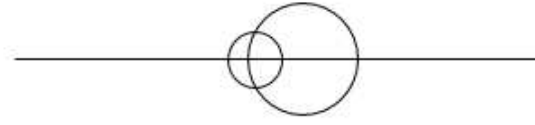
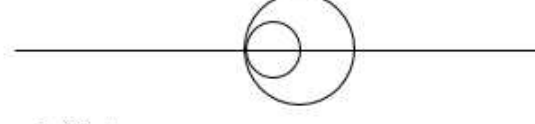
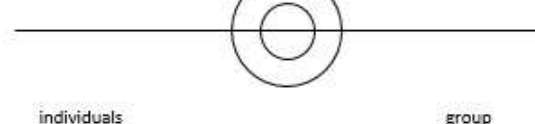
**Number of participants attending:** \_\_\_\_\_

<b>Activities</b>	<b>Delivered</b> (Please tick if delivered)	<b>Comment</b> (If partly or not delivered, please explain why)
1. Introductions / icebreaker activity		
2. Hopes and fears		
3. Ground rules		
4. What are health and wellbeing?		
5. What influences health and wellbeing?		
6. The resilience game		
7. Conclusion		
Time for informal interaction (e.g. tea break)		

**Reflections on the session**

Please indicate which picture best describes your perception of how well connected, in general, the attendees of today's session appeared to be (tick the box on the right of the picture).

For example, the first picture would suggest that there was very little connection between individuals – that they did not come together as a group at all. Whereas the final picture would suggest that individuals were very closely connected – they very much came together as a group.

	<input type="checkbox"/>
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**Reflections on the session cont.**

Please circle one

**In your opinion, how well did today's session go?**

Not well at all  
1                                  2                                  3                                  4                                  Very well  
5

**How engaged were the participants in today's session?**

Not well at all  
1                                  2                                  3                                  4                                  Very well  
5

**Do you have any comments or reflections?**

*(For example, related to how the group worked together, participants' engagement, session content or activities)*