



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: _____

Activities	Delivered (Please tick if delivered)	Comment (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.

↓

individuals	group	<input type="checkbox"/>
individuals	group	<input type="checkbox"/>
individuals	group	<input type="checkbox"/>
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