



Incredible Years 2.0 Basic Group Leader Training Workshop Evaluation Report

Dates: 6th 7th & 8th July 2026

Venue: Sackville Way, Great Cambourne, Cambourne, Cambridge

Commissioning service: Targeted Support, Children, Education and Families Directorate, Cambridgeshire County Council

Trainer/Mentor: Jeannie Gordon & Joanne Singleton

Number of Trainees: 20



THE
MINISTRY OF
PARENTING

Incredible Years® 2.0 Basic Group Leader Training

Training Evaluation Summary

About the Training

The Incredible Years® 2.0 Basic Group Leader Training is a three-day programme designed to prepare practitioners working with parents of children aged 2–8 years to deliver the Incredible Years Toddler, Preschool, Attentive Parenting, and School-Age Parenting Programmes (up to 8 years).

The Preschool Parenting Program 2.0 is an enhanced version of the established Incredible Years Preschool Programme and equips facilitators with the knowledge, skills, and confidence to lead evidence-based parenting groups. The programme focuses on strengthening parent-child relationships, promoting secure attachment, encouraging children's social and emotional development, and reducing harsh or ineffective discipline practices.

Twenty professionals from Medway Council and Services successfully completed the three-day training programme. Participants represented a range of services supporting children and families and brought extensive experience of working with young children and parents.

Overall Evaluation Findings

Feedback across all three training days was overwhelmingly positive.

Participants consistently highlighted:

- The highly interactive and engaging training style.
- Opportunities to practise facilitation skills through role plays and group exercises.
- The practical nature of the training.
- The supportive and encouraging learning environment.
- Increased confidence in delivering parenting groups.
- The value of observing and experiencing the Incredible Years collaborative learning process first-hand.

Many participants commented that the training helped reduce their anxiety about future group delivery by providing practical experience and opportunities to practise skills in a safe environment.

Key Themes from Participant Feedback

Practical Learning Experience

Trainees particularly valued the opportunity to experience the programme from both a parent and facilitator perspective.

Comments included:

- *"The practice activities were really helpful."*
- *"I liked practising the group leader and co-leader roles."*
- *"The modelling showed us exactly how to deliver the programme."*
- *"The spontaneous practice helped build confidence."*

Participants frequently described the training as engaging, interactive, and enjoyable.

Increased Confidence

A recurring theme throughout the evaluations was increased confidence in delivering parent groups.

Participants reported that the combination of modelling, discussion, role play, planning activities, and trainer feedback helped them feel prepared to begin implementation.

Comments included:

- *"It helps reduce my anxiety about delivering groups."*
- *"I feel prepared to deliver and really enthusiastic about it."*
- *"I was nervous to start with but now feel confident to deliver the sessions."*

Trainer Feedback

Feedback regarding the trainers was exceptionally positive.

Across the three training days, participants consistently described the trainers as:

- Knowledgeable
- Warm and approachable
- Engaging
- Supportive
- Encouraging
- Professional

Participants particularly valued the way the trainers modelled the collaborative learning process and demonstrated effective co-leadership.

Comments included:

- *"Both trainers were fantastic."*

- *"Very knowledgeable and engaging."*
- *"Friendly, warm and approachable."*
- *"The most interactive and engaging course I have ever attended."*

Teaching Evaluation Ratings

Day 1

Teaching and Leadership Skills

- Excellent: 18
- Above Average: 2

Methods and Processes Modelled

- Excellent: 18
- Above Average: 2

Day 2

Teaching and Leadership Skills

- Excellent: 17
- Above Average: 3

Methods and Processes Modelled

- Excellent: 18
- Above Average: 2

Day 3

Teaching and Leadership Skills

- Excellent: 19
- Above Average: 1

Methods and Processes Modelled

- Excellent: 19
- Above Average: 1

These results demonstrate extremely high levels of participant satisfaction with both the training content and delivery.

Areas Participants Found Most Helpful

Participants particularly valued:

- Session planning and preparation.
- Facilitator and co-facilitator role modelling.
- Practical facilitation exercises.
- Group discussions.
- Video vignette analysis.
- Managing challenging situations within groups.
- Strategies for engaging parents.
- Understanding how to adapt delivery to meet different parent needs.
- Practical implementation tips.

Several participants identified session planning as one of the most useful aspects of Day Three, helping them understand how to organise and structure future parent groups.

Suggestions for Improvement

Feedback regarding improvements was minimal, with the majority of participants reporting that there was nothing they would change.

The main suggestions related to:

- More discussion regarding delivering groups with small numbers.
- Additional examples of adapting activities when attendance is low.
- Venue considerations, including room size and layout.
- Additional time to explore programme content in even greater depth.

Importantly, these comments reflected a desire for more learning rather than dissatisfaction with the training itself.

Conclusion

The Incredible Years® 2.0 Basic Group Leader Training was extremely well received by participants. Feedback indicated exceptionally high levels of satisfaction with both the training content and delivery style.

Participants valued the collaborative, experiential approach and reported increased confidence in delivering parenting groups. The practical nature of the training, together with opportunities to practise skills, receive feedback, and observe effective facilitation, helped prepare practitioners to implement the programme with fidelity.

Many participants described the training as one of the most engaging and enjoyable professional development experiences they had attended and left feeling inspired,

motivated, and equipped to begin delivering the Incredible Years Programme to families within their services.

One participant summarised the experience by stating:

"This has been the most interactive and engaging course I've ever attended. I feel very inspired to deliver this to parents."

Group Photo



For more information, please contact jeannie.gordon@theministryofparenting.com