



Pit STOP Group Leaders Training Evaluation Report

Dates: 3rd December 2025

Venue: Colchester

Trainers: Jeannie Gordon & Debbi Barnes

Number of participants: 7

Pit-STOP is the STOP programme adapted so to be delivered on a one to one. The Pit STOP training is delivered over one day and examines the underlying ethos and objectives of the Pit-STOP programme.

All course attendees were provided with the Pit STOP 1:1 manual.

The Pit-STOP programme also has protocols for delivering the programme online.

Pit-STOP Group Leader Training Evaluation Report

Pit -STOP is a one-day training

Question: What part of the training was most helpful to you?

- *Learning how to deliver pit stop*
- *How to work with and support parents in a one-to-one basis.*
- *Overall, it was all incredibly helpful*
- *All of it but most helpful was keeping the therapeutic relationship balanced*
- *Enjoyed all of the day*
- *All of it was helpful especially receiving the manual to use for practice as a prompt.*
- *I found it all very interesting and useful. I always find the activities more memorable*

Question: What did you like most about the training?

- *The ease and use of the manual. Also the trainers are fab*
- *How it reduces power balance between parents and professionals.*
- *The adaptability to tailor to each individual's needs*
- *How it flows so nicely and can see how each element builds to the next topic*
- *All of it*
- *The brain and tug of war*
- *Very structured and informative. The group was lovely, and everyone felt at ease which was good for learning*

Question: What did you like the least about the training?

- *Na/Nothing x 4*
- *Nothing it was amazing!*
- *Nothing it's fab*
- *I didn't dislike the training at all- I didn't need quite as many breaks but understand that others may have needed these*

Question: How could the training be improved?

- *I can't think of anything,*
- *I don't think it could be improved - amazing as always!*
- *It couldn't*
- *Nothing/Na x 3*
- *I can't think of anything*

Question: I feel the trainers teaching and leadership skill was.

- *100 % answered Above Standard (highest score)*

Question: I feel the trainer's knowledge was

- *100 % answered Above Standard (highest score)*

Question: I feel the group discussion was.

- 100% answered Above Standard (highest score)

Group photo of trainees



For more information, please email administration@theministryofparenting.com