



STOP Group Leader Training Evaluation Report

Date(s): 10th 17th & 24th September 2025

Venue: Bexhill, East Sussex

Trainer: Liz Eyre

Training Facilitation Support: Sarah Gregory

Number of participants:8

STOP Facilitators Training

STOP facilitators training is a 3-day training for multi-disciplinary practitioners working with parents of 10 – 16-year-olds who are entering (or who are in) those often-difficult teenage years. STOP is a parenting programme designed to be delivered in a group setting. The programme aims to give parents a greater understanding about the developmental process of their teenage child. Sessions include the following topics: Alcohol, Conflict & Aggression, Sex & Relationships, Praise & Encouragement, Setting the Limits and much more.

The STOP facilitators training examines the underlying ethos and objectives of the STOP programmes on a session -by-session basis. Practitioners are taken through the entire programme in chronological order, to provide a basic level of knowledge and skill that they can reflect upon when facilitating their own group. This includes possible difficulties, experiential scenarios and the opportunity for open discussion around the minutiae of running the programmes in practical terms. All course attendees are provided with the STOP group manual. This training will enable course participants to deliver the STOP parents programme in their own service/area. The STOP programme also has protocols for delivering the programme online

8 practitioners completed the **STOP** facilitators training in full.

8 completed the STOP facilitators training online evaluation

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

- *The whole course was helpful however if I had to pick a couple of things- teenage brain- How to problem solve- Consequences- Helping parents to understand they are not alone.*
- *All of it*
- *All of it was valuable but the visual prompts were super helpful. The Maypole, Drop the Rope and The Hook are great ways to help parents we work with understand these concepts.*
- *The way a parent is taken through the course and how it is fitted together. Practical strategies that are linked to evidence. The way it is rooted in reality and parents direct experienced and experience of listening role play etc*
- *Learning the strategies and having the visuals*
- *The warm and welcoming atmosphere.*
- *Having the STOP activities to do and try out. The rope/hook analogy*
- *Strategies to de-escalate behaviour and communicate*
- *The role plays using the tools*

Question: What did you like most about the training?

- *A great mix of learning styles, how interactive it was..... and humour. The group very quickly became a supportive, encouraging and empathetic*

- *General atmosphere of it, group cohesiveness, valuable learning and inclusion*
- *The venue was great with easy parking. And Liz and Sarah always made us all feel comfortable sharing our experiences and to help us learn. They are very knowledgeable so were able to answer any questions and were always on time, organised and prepared to deliver each session with the right balance of empathy, patience and humour.*
- *being in a group with others face to face and experiencing the value of discussion and activities*
- *How lively the trainers were! Being able to share real examples and problem solve using these new strategies learnt.*
- *The trainers, Liz and Sarah made it feel really easy and relaxed, they made us feel comfortable and confident*
- *Pace, energy, mix of practical activity and discussion, relaxed, psychologically safe atmosphere the trainers created.*
- *Sharing the space with the facilitators and colleagues and learning a lot.*

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

- *The time spent on group agreement/contract was quite lengthy, but I understand the importance of this.*
- *NA x 4*
- *It was too short.*
- *Nothing really*
- *Enjoyed it all*

Question: How could the training be improved?

- *We had so much to discuss that it could easily go over 4 days!*
- *NA x 4*
- *Be longer!*
- *It is difficult to think of anything. Some of the quizzes could be updated*
- *Having time to try and write a plan and practice delivering an activity with each other*

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

- 7 answered Above Standard (highest score)
- 1 answered Standard

Question: I feel the trainer's knowledge was

- 7 answered Above Standard (highest score)
- 1 answered Standard

Question: I feel the group discussion was.

- 7 answered Above Standard (highest score)
- 1 answered Standard

Extra comments

- *Loved it and already using it!*

- Overall excellent
- I think the name of the course should be changed as the name STOP Parenting is confusing. Liz and Sarah are amazing facilitators.
- Not only was it useful. It was practical and enjoyable. Use of humour great and this is lesson for parents as well
- Liz was fab!
- I'm sad it's ended- everyone should go on it when new into EHKW role
- I thoroughly enjoyed the course it has helped my practise with families - I am now able to suggest evidence informed strategies that they can use to improve their relationships with their young people.
- Thank you it was so informative and both facilitators were phenomenal.

Group photo

