



STOP Group Leader Training Evaluation Report

Date(s): 17th 18th & 19th February 2026

Venue: Chelmsford, Essex

Trainers: Jacy Thomas

Support facilitator: Carol Buick

Number of participants: 7

STOP Facilitators Training

This training was delivered by Jacy Thomas Brains Wellbeing CIC

<https://www.brainswellbeing.org>

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

7 practitioners completed the STOP facilitators training in full.

7 completed the STOP facilitators training online evaluation

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

- *Going through the course as a facilitator and parent*
- *Modern technology*
- *I can't necessarily pinpoint one particular thing. Overall, the course itself was an eye opener, this information was largely known but it put things into perspective and the way that it was delivered was extremely helpful. Particularly considering how the trainers modelled throughout.*
- *As I have done this training before it was just really helpful going over everything and consolidating my knowledge.*
- *I enjoyed miss the hook as I feel it gives a good visual representation of how parents often end up in the confrontation stage*
- *Generally, every single session, most particularly the I Statement*
- *Brain development and how this links into behaviour choices etc, this will be so helpful for parents. Road to independence... mapping out where we want our young people to be / go, whilst thinking about how long that road can and will be. Anxiety session was fab, this is something that most of our parents are struggling*

with for their teens, so will be a topic we will most likely add as optional week (if parents agree!)

Question: What did you like most about the training?

- *Fun, interactive, creative and meaningful which makes it more realistic. Given me confidence to facilitate at a later point*
- *Friendly staff and group*
- *The brain, road to independence, de-escalation, miss the hook...so much*
- *Felt relaxed, everyone's opinions were valued. Mixing it up between activities and teaching made it more accessible.*
- *The trainers! Jacy and Carol brought humour and experience to the training that really gave me a clear understanding*
- *The Activities, information shared, the leaders guide folder, role play, trainers' knowledge and experience, group activities*
- *I really valued this training because it combined practical tools with a deeper understanding of the emotional dynamics between parents and teens. I especially appreciated the emphasis on understanding adolescent development and validating both the teens and the parent's experiences.*

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

- *N/A x 3*
- *Carol annoying like a horn Dut so dur*
- *Not that I didn't like it, but I just need to get my head around I statements and problem solving.*
- *Honestly, I enjoyed it all. I found the 'Whose problem' session the hardest bit to get my round.*
- *Nothing I really enjoyed it and can see how this will fit into my work*

Question: How could the training be improved?

- *I think it works as it is!*
- *None x 2*
- *I don't really think it could. I enjoyed it and felt I learnt a lot.*
- *Maybe longer for training professionals so it doesn't feel rushed at any point*
- *No idea for now, like it the way it is delivered and designed*
- *No, it was very informative.*

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.

- 80 % answered Above Standard (highest score)
- 20% answered Standard

Extra comments

- *Thank you, really happy to have this under my belt*
- *Fantastic training and I'm excited to get going*
- *Trainers were both lovely and made the days go really quickly.*
- *Amazing training should be offered more to professionals not as facilitators but just to educate*
- *Great training, excellent trainers. Thank you, Jacy, and Carol*
- *Thank you! Fantastic training.*

Group photo



For more information, please contact

jacythomas@brainswellbeing.org or

administration@theministryofparenting.com