



STOP Group Leader Training Evaluation Report

Date(s): 18th, 20th & 21st February 2025

Venue: Chelmsford, Essex

Trainer: Jacy Thomas

Number of participants: 5



STOP stands for “A Supportive Programme for Parents of Teens”. This 3-day training course is for professionals working with parents of children aged 11-16 years. The training enables professionals to understand the basic approaches for implementing a STOP parenting group programme and provide practical strategies for parents. The STOP parent group programme aims to give parents a greater understanding about the developmental process of their teenage child. Sessions include Alcohol; conflict & aggression; sex & relationships, praise & encouragement; setting the limits and more.

5 professionals attended the STOP training course led by Jacy Thomas and all completed the training evaluation forms in full.

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

- *Small group able to discuss in depth*
- *Learning about how children will take negativity. Dealing with aggression. Taking steps to avoid*
- *Learning about brain.*
- *The structure of the course and being able to experience each session. Loved the role modelling.*
- *All of it*
- *The Tuckman’s model, group management and dynamics*

Question: What did you like most about the training?

- *High level of knowledge combined with very real anecdotes makes content easier to understand*
- *Particularly liked visual excesses with crumpled paper. Training was engaging.*
- *It was a great 3 days. Jacy and Bex worked well together. Jacy is obviously passionate about THE STOP programme, and she was knowledgeable and organised in how she shared the content.*
- *The quizzes, brain work, Tuckman’s model and road to independence*
- *Receiving training from a parent’s aspect -it made me feel empathetic to their needs/situation. Seeing the course from the parents’ perspective gave a good insight to how they may be feeling and thinking.*

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

- *Wasn't allowed to blow bubbles :(*
- *Nothing x 2*
- *Put on spot to answer questions*
- *Some parts were hard to really get to grips with (who owns the problem and conferences).*

Question: How could the training be improved?

- *Bubble requirements*
- *Nothing*

- *Maybe some opportunities to test our facilitator skills*
- *No improvement needed, absolutely fantastic*
- *Maybe some roles play videos where we could see these strategies being used, bringing it to life.*

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)*

Extra comments

- *Liked the activities*
- *Thank you for an enlightening 3 days.*
- *Loved the course, expanding my learning and feeling more confident delivering course*
- *The facilitators were extremely informative and presented in a fun and lively way explaining the subject matter really clearly offering the opportunity to feed back /discuss and ask questions*

For further information please contact Jacy Thomas jacythomas@brainswellbeing.org