



STOP & Pit STOP Group Leaders Training Evaluation Report

Dates: 22nd, 23rd, 24th & 25th July 2024

Venue: Eastbourne

Trainers: Jeannie Gordon & Debbi Barnes

Number of participants:

- STOP: 20 plus 1 train the trainer in observation role
- Pit STOP: 19

STOP is a parent programme (for parents with young aged 11- 16 years) 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 3-day training programme examines the underlying ethos and objectives of the STOP programme 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.

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 STOP group manual and the Pit STOP 1:1 manual.

The STOP and Pit STOP programme also have protocols for delivering the programme online.

STOP Group Leader Training Evaluation Report

STOP 3-day training.

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

- *All of it x 3.*
- *The visual aspect really helped with the learning.*
- *All of it, especially tug of war, quizzes, curve, I statement.*
- *Miss the hook.*
- *Tug of war, I statement, The big wheel.*
- *Loved all the activities especially quiz and feelings drawings all of it was helpful.*
- *I feel statements, can be used for praise too.*
- *The practical resources.*
- *The visuals and use of practical resources.*
- *All 3 days: 90-minute cool down and rope. The I statement. Feeling, conflict, Brain functions, Listening.*
- *An understanding of STOP and the strategies which were shared.*
- *Strategies and being able to follow a set programme.*
- *The methodical pace to the sessions. The handbook (once I've gone through it).*
- *Every part was useful, I think dropping the rope and avoiding the hook were the catchiest bits to remember.*
- *Everything! The whole training was thought provoking, easy too access and very relatable to my job role. Although I have seen a few of the strategies before it was great to see them in the whole group context.*
- *The strategies and tools that can be adopted by parents. Particularly the I - statements and the visual elements that were used.*
- *I loved it all. I have done the training before and having an updated understanding of the strategies and explanations really is helpful.*
- *As an observer it was a real privilege to see you both at work and for me it was invaluable! Constantly reminding trainers how to adapt the training to suit the needs of parents and what type of situations to expect.*
- *The visual activities.*
- *This course is one of the best I have attended!! It was so insightful and full of resources and strategies to support parents/carers with their teenagers. The different sessions for the programme is simple to implement for a parenting group and useful to parents/carers.*

Question: What did you like most about the training?

- *The interactivity and all of the simple but really great prompts and tasks for parents. I feel like this programme is really accessible and I am very excited about being able to deliver this in future. The facilitators made this fun and engaging in a venue which was quite hot and stuffy, and they kept us motivated even though there was a lot of content to get through and a big group.*
- *Knowledge of trainers.*
- *Great content that was relatable.*
- *Breaks, trainer styles and engagement, refreshments, prizes, encouragement.*
- *The speed humour and depth of knowledge.*
- *Interactive, lots of practical strategies.*

- Trainers keeping everyone engaged interested and focused.
- The visuals.
- The content x 2
- The group activities were the best kept me focused and engaged. Loved the quiz on both days and last activity drawing a person and their feelings.
- Actually, doing the activities expected of parents and the language used. Repetition of overview, feedback and reminders were exceptionally useful.
- Facilitator and co facilitator working collaboratively.
- A mix of practical's and mix group work. The rewards were a nice touch.
- How interactive it was.
- I liked how the days were set out, how the training flowed and the content of the whole course. I also like that we were not personally overwhelmed by the Manuel until the last day.
- The facilitators delivery of the training kept me engaged. Multiple interactive elements and group participation. The content was very well prepared, and the knowledge of the facilitators really helped me to understand the programme and increased my confidence in delivering to others. I felt really valued as part of the group. The treats were an added bonus!
- The energy and knowledge of the trainers is great. The passion comes through. They made an effort to get to know all the students.
- I think that the training was very paced, good amount of content and contained lots of opportunities to move around, be comfortable and physically practice the content and facilitation skills needed to run a group!
- The connection between the trainers.
- The energy and knowledge that Debbie and Jeannie had and their ability to respond to our needs during the 3 days. Very good at reading the room!
- It was great to be a part of the sessions to see how these can be implemented and to have the experience of each session.

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

- The venue - heat / smell.
- N/A x 4.
- A lot of information to learn over 3 days.
- Smelly room next door and hotel staff with silly rules, having to travel to Eastbourne, hot humid room.
- The venue. Hot and stuffy.
- Venue- hot. Day 3 had more teaching- the invoice activity I'm unsure about currently.
- A lot of listening.
- Being given a seat, not having a table to sit at, the length of the days.
- The changes, (seating plan) being neurodiverse this was very challenging and unsettling. The lack of use of inclusion, not using they and them when using pronouns and LGBTQIA relationships as examples and just assuming male and female relationships.
- Not having lunch and having to move from seated areas with our own lunch felt embarrassing and a bit degrading.
- There weren't any elements I didn't like, especially as it didn't follow the order strictly but took into account the session content.
- The length.

- *It was a lot to take in as 10 weeks of sessions in 3 days. The room was hot (which wasn't trainers' issue as it is summer).*
- *I get very fidgety when I've got to sit all day and although we were given permission to move, I didn't want to disturb others, so I personally found that difficult.*
- *Turning down the biscuits and sweets as I'm trying to be good 😊*
- *The environment of the venue, which was of no fault of the facilitators.*
- *The venue was not ventilated well but this cannot be helped.*
- *The venue and nowhere to eat.*
- *The room, it was soooooo hot! But regular breaks were given, and windows opened to try and help.*
- *To be honest, the training was so diverse, there was a bit of everything, there wasn't anything I didn't like.*

Question: How could the training be improved?

- *Not at all.*
- *N/A x 2.*
- *Location/venue.*
- *Just the venue.*
- *Breakout groups and more facilitator practice.*
- *It couldn't have.*
- *More mini movement breaks.*
- *Shorter days.*
- *Having tables and more discussion base on day 2 and 3 in groups rather than pairs*
- *It couldn't, just provide lunch when facilities are in a hotel maybe.*
- *The training was really informative and real. There are no improvements to be made.*
- *Split up over a couple of weeks.*
- *I felt like from the beginning it was assumed that everyone does group sessions, and a lot was spoken in a way as if we all have that common experience so I at times I felt like it missed a first step.*
- *For our team we didn't know we are expected to deliver this as group work/ very small group sessions until last week so the first day felt a bit overwhelming! This is obviously not a reflection on you/the trainers as that's not your issue.*
- *It's great.*
- *Apart from the venue there would be nothing I would change.*
- *Only the venue. The content and delivery were fab!*
- *I don't know. I like to muse things over. But I really have enjoyed the week.*
- *Venue issues to be sorted by us!*
- *I don't think it could be improved.*
- *Lunch provided, but we work for local authority, so we know that's not likely!*
- *The flow of the training was perfect!!*

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

- *2 answered Standard*
- *17 answered Above Standard (highest score)*

Question: I feel the trainer's knowledge was

- *1 answered Standard*

- 18 answered Above Standard (highest score)

Question: I feel the group discussion was.

- 5 answered Standard
- 14 answered Above Standard (highest score)

Extra comments

- Thank you both so much
- Great training. Lots of strategies and practice
- I've really enjoyed the course.
- Great training.
- Trainers were enthusiastic, well skilled, made people feel comfortable.
- Great 3 days.
- The trainers were both excellent and made the course 😊
- It was refreshing to have 2 trainers and be held in person. This is no reflection on the trainers or the programme, the venue was not as accessible or updated as much as the remaining hotel. Staff did not communicate in advance the expectations/rules of the hotel.
- It was great to have Debbie and Jeannie who are a good pair, bounce off each other, add in humour and serious notes to keep the team engaged through the day.
- Huge thanks think everyone should do the course.
- Thank you for 3 days of inspirational training which has given me a new enthusiasm about delivering this program ... I'm really looking forward to starting my planning 😊
- Thank you for a very informative and enjoyable training. As a professional, I attend many training programmes. This was one of the best I have attended. I find it difficult to process verbal information, but the opportunities of the interactive elements ensured that I understood and remembered key elements.
- Everything was great I really enjoyed everything. Having an updated manual will be very helpful.
- Thanks so much!
- Excellent.
- Fantastic training, really enjoyable and interesting. Loved it.
- Superb training and very approachable trainers, who have a great rapport with each other.

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?

- *Running through the folder and role playing the activities.*
- *Interactive.*
- *Content was engaging. The practical activities to take away and use in practice were realistic.*
- *Comparing pit stop with STOP.*
- *Going through the manual, having reminders.*
- *Practicing with resources*
- *Getting to practice delivering in pairs and having a recap of the STOP process at the same time.*
- *The Lego / drawing activity and follow up discussions around the strategies*
- *Listening with drawing and Lego the rest was a pitstop of the last 3 days.*
- *Loved the listening skills demo's and trying out both of them to see the difference. And genograms!*
- *Really good session with lots of interaction which a facilitator would have with a parent. Also really liked how it runs in sync with STOP.*
- *Recapping the Stop strategies but with a different slant for 1:1 work.*
- *Alternative options for 1:1 work as opposed to group work.*
- *Listening skills done in a really interesting way.*
- *The trainers were so informative and delivered with style and humour.*
- *More practicing of the resources.*
- *I love that The Ministry of Parenting continue to KISS (Keep it simple) by allowing free access to ALL their resources which are easy to find on their website. I always find the real-life scenarios, examples and opportunity to put skills into practice very helpful. The manuals are fabulous and very easy to read and use in practice. There was a good mix of theory and practice and case studies helped to engage the staff. The techniques taught were simple and easy to use - we have already had staff enquiring about putting their new skills into action.*
- *Differentiating the activities of the STOP training to suit 1:1 work*
- *The interactive role plays and the pack*

Question: What did you like most about the training?

- *The hands-on activities.*
- *Drawing exercise.*
- *The parenting styles and consequences were really interesting.*
- *Working through the differences to not try group work with individuals.*
- *Everything, it all came together today as I will use this regularly with the parents I'm working with.*
- *Using the Lego for the listening exercise.*

- *It felt very engaging and loved the tables! And my feedback was acknowledged from the 3 previous days!*
- *The "recipe" and templates around contract / agreement. Table layout and pair work to practice. Lego activity and use of tug of war and curve visual.*
- *As above enjoyed this part the most drawing and Lego listening.*
- *The chance to practice some of the strategies in a 1:1 format.*
- *Really enjoyed the listening part today, especially the Lego. I also liked how the programme is designed for 1:1 work as well.*
- *Everything- I know that's a really blanket answer, but I felt it was a great way to carry on the training after the 3 days Stop training. I also took a real 'ready break glow' feeling from the fact that I did training with Jeannie too many years ago to count but the trainer's enthusiasm for the program was still just the same as the first time I trained. Thank you.*
- *Interactive, doing elements.*
- *All was great.*
- *The trainers, venue and style.*
- *Room set up and practicals.*
- *All of it! The techniques in both Pit Stop and STOP were put across in an excellent way, and the staff were able to put into practise what had been taught within the training session straight away. We worked together as a team and felt empowered as all of us had had the same training and knew what was expected of us.*
- *The content and delivery, also the use of seating with tables*
- *Very interactive*

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

- *Na x 10.*
- *Felt a bit too long and some of exercises maybe weren't needed.*
- *I liked it all.*
- *It felt a bit rushed today but understood content was already in play. Little time to consider which strategy may be best for the quiz.*
- *I really have very little to say here, it's been fabulous. The room at the Lansdowne isn't the best but it was made as comfortable as possible.*
- *There wasn't anything I didn't like however it has made me aware of thinking about how I respond to praise.*
- *That it was straight after the three days STOP training. Four days training was a lot.*
- *The venue but that cannot be helped.*
- *The environment - The room and lighting at the venue*

Question: How could the training be improved?

- *Na x 6.*
- *Slightly shorter session.*
- *Not sure how x 2.*
- *Nothing. Thanks very much. The training has been amazing. Fantastic practical resources. Fabulous role modelling.*
- *NA - was brilliant today and a lot more accessible.*
- *More time to Re-cap all strategies on days 1-3. Have the flip chart with all strategies up to see.*
- *It couldn't. It was just right very informative 4 days learnt lots and re visited lots I had previously learnt but will use going forward.*

- *I honestly can't think of anything. Just a huge thank you! I've learnt loads from you both that I'll be taking forward both personally and professionally.*
- *The training was adapted to the needs of the group so there wasn't anything which could be improved.*
- *Perhaps do this the week after the first training.*
- *I loved it.*
- *I'm not sure it could.*
- *I really enjoyed the training and aside from the environment, which was out of the control of the facilitators, I would not change 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.

- *3 answered Standard*
- *16 answered Above Standard (highest score)*

Group photo of trainees



For more information, please email administration@theministryofparenting.com