



NETWORKS COURSE REVIEW

ANY change evident in the course participants':	YES	NO	COMMENTS & EVIDENCE/EXAMPLES TO SUPPORT THIS
WELL BEING			
mental well-being: (increased confidence)			
optimism about the future: (increased aspirations & goal setting)			
ability to deal with problems: (increased resilience)			
ability to make their mind up about things: (increased self-determination)			
DEVELOPMENT & PROGRESSION			
interest in learning and trying new things: (increased motivation)			
skills and abilities: (increased awareness of capacities & interests)			
realising creative potential & personal growth			
COMMUNITY			
interest in connecting with other people: (increased community engagement, participation & communication)			
Other:			