

Esteem Designz Program Evaluation Form

Date:

1. Age: 2. School / Organisation:

3a. Mark on the scale below how confident you were in yourself BEFORE Esteem Designz Program:

Not confident, don't like who I am Confident and content with who I am

3b. Mark on the scale below how confident you are in yourself AFTER Esteem Designz Program:

Not confident, don't like who I am Confident and content with who I am

4. Do you feel any different about yourself or your circumstances after Esteem Designz Program? Please List.

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5. What valuable lessons did you learn through Esteem Designz Program?

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6. What was your favourite part(s) about Esteem Designz Program?

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7. What was your favourite Design Project(s), and why?

- | | |
|--|--|
| <input type="checkbox"/> Pocket Memories – Paper Pockets | <input type="checkbox"/> Encouragement Board |
| <input type="checkbox"/> Felt Heart | <input type="checkbox"/> Encouragement Flowers |
| <input type="checkbox"/> Decorative Advice – Frame | <input type="checkbox"/> Motto Card |

What made this project(s) your favourite?

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8. Do you have any suggestions or ways that Esteem Designz Program could be improved?

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9. What would you share with others about Esteem Designz Program?

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10. What topics would you like to learn more about and how to deal with them?

Please check the box (s)

- | | |
|---|--|
| <input type="checkbox"/> Media's messages (needing to be perfect) | <input type="checkbox"/> Bullying |
| <input type="checkbox"/> Constant comparison | <input type="checkbox"/> Little resilience and coping skills |
| <input type="checkbox"/> Pressure to fit in and be accepted | <input type="checkbox"/> Friendship issues / relationships |
| <input type="checkbox"/> Unrealistic expectations | <input type="checkbox"/> Unable to cope with life's challenges / change |
| <input type="checkbox"/> Not being confident in who you are | <input type="checkbox"/> Self-esteem / self-worth / self-belief / identity |
| <input type="checkbox"/> Body image | |

Other

Thank you for your feedback. Be confident to be true to yourself. You have so much value and worth.