1. What was new and exciting for you to learn?

**The body mapping was very exciting and new, because I’ve never done this before. It gave me the opportunity to think of my emotions during the pandemic. It opened up certain emotions again and I’ve realised how scared I was.**

1. Which skills did you find most useful?

**I always use the calming techniques that we use in our parenting program, so now I’ve seen a more interesting way to do it.**

1. Rate the facilitation, please give a reason for the rating.

Poor Fair Good **Excellent √**

**She was clear and could everyone the opportunity to give input.**

1. Did the Training meet your expectations? If so how? If not please explain.

**Yes, this was something that was not new to me, but the two parts of the brain (safety & threat) was very interesting. This can be very useful to the facilitators at our organization. A teacher’s respond to a child, may be the result of the child’s behavior.**

1. Any other comments

**I am looking forward to the next session.**