

**'PRESENTATION SKILLS'**  
**DEVELOPMENT DAY**  
**17<sup>TH</sup> MARCH 2010**

**FEEDBACK FROM EVALUATION FORMS**

**Q1. What have you gained from this Development Day?**

- More technique and skill in presenting better, confidence and support.
- I feel comfortable in my own skills and more confident in what I can achieve
- Motivation and ideas on how to increase my confidence, particularly in relation to presentation skills and making me presence felt at meetings.
- I liked the input on developing your own brand.
- More tips and awareness on what is required in a good presentation. I am sure confidence will follow in time.
- I gained skills in presentation and how the way in which I present myself can affect the way others view me.
- On a personal level it has given me 'the aim' to achieve my goal. Focus is apt.
- An insight into ways to improve my 'brand' both at work and in my personal life. This helped my confidence in giving presentations and partaking in teamwork, both of which are an integral part of my job.
- Certainly some good tools about meetings, interviews and presentations.
- To recognise my success
- Today has helped me gain self-confidence by talking and interacting with others.
- Tools to promote myself, hopefully to be more confident and aware of my brand.
- Confidence – although I would be nervous I feel I now have the confidence to deliver a presentation.
- Ideas for developing my brand. Knowledge that others feel the same way about presentations etc.
- Good tips for dealing with meetings and giving presentations, a better understanding of myself, a more positive outlook.
- Confidence and techniques to take into my next meeting and my forthcoming interview for interview.
- Have learnt about the different steps involved in presentations and how to feel more confident and assertive.
- I really gained a lot of very helpful skills from today. I've realised that everyone is in the same boat and everyone gets nervous speaking in front of others. I've realised I am actually better at public speaking than I thought!

- Better feeling about myself and what I can achieve as an individual. Also more confident when I next have to do a presentation in work.
- Insight, to have more confidence in my own ability. That it is better to try and fail then not try at all.
- Ideas regarding positive thought
- An insight into how to be more assertive and how to make your presence felt without being overbearing. Confidence in presenting.
- A few pointers in giving better presentations.
- The 10 commandments for presentations.
- Confidence, techniques about how to get yourself noticed/heard at work. A very good day.
- Self confidence in my own abilities, not just in presentation skills. How to adapt a 'can do' attitude and approach to things.
- Self confidence and the belief that I can do whatever I put my mind to.
- Great speaker, I felt that I have been motivated to be more assertive. Yes I Can!
- Very useful insight – tips, self awareness, guidance, inspiration, confidence.
- An increased confidence in my abilities all round, especially with a view to my presentation skills.
- I now have a greater knowledge of making myself heard and have gained experience in how to present myself.
- Handy tips for future interviews/presentations, confidence, an insight into how women may be viewed in the workplace.
- Positive information and advice to take myself forward in work and personally. Positive thinking.
- Increased confidence in my skills to approach meetings and presentations. A structure/guide to prepare fully, ensuring my efforts are a success.
- Hopefully more confidence, a realisation that underneath it all we are basically all the same and equally nervous. I know I have the skills and tips to help me make myself heard.
- I have gained confidence and better knowledge of public speaking.
- Hopefully the tools to change the way in which I think about myself. The ability to use a number of useful tips/techniques that will in turn let me improve upon the service I deliver.
- Willingness to attempt presentations and realisation that it is worth a go. Good tips to help develop confidence – or appear confident.
- To be more confident within my role.
- I have a knowledge of personal brands which I hadn't considered before. More information on giving presentations.
- Tips on how to give good presentations and appear well at meetings.
- Tools and techniques to hopefully make presentations and contributions at meetings better, more confidence to speak up.

## Q2. What improvement, if any, could be made to this Development Day?

- An extra day to do practical exercises in order to overcome nerves.
- I thought it was a very well presented, I left the house at 0600 this morning and thought I'd be asleep by lunch but Diane made the day enjoyable therefore **NOTHING** needs changed.
- Although the numbers present probably dictated the room layout, often I couldn't see who was speaking and always feel that a more relaxed layout can encourage people to relax more and feel 'safer'.
- Some more group work to be done with others in the room, a room which would be easy to move around in would be good as I felt we did a lot of work with people we had already worked with or knew.
- Some of the attendees' personalities on occasion overshadowed some of the quieter people – who probably needed the training more... but Diane Lowe was great!
- Self awareness and others perception of how you are viewed. I think the course was well presented and informative. It is not necessary to change the day as it conforms to all forms of success and skills.
- Thought it didn't need improved, it had the right content and the facilitator was excellent.
- I was happy with the day.
- Well laid out day, no improvements required.
- None – I thoroughly enjoyed every minute!
- Not much it was very good.
- Nothing – it was a very worthwhile day. Thank you!
- More tips/techniques for overcoming nerves.
- Perhaps a smaller group so there is more chance to speak to people.
- Nothing, the content was good and the speaker was excellent. Diane is both knowledgeable and relevant in the police forum.
- Possibly make smaller groups as it is difficult to hear everyone speaking.
- I cannot find any aspect to improve.
- More opportunities to do presentations would have been more productive if it had been a smaller group.
- None, I thought the presenter was 1<sup>st</sup> class, informative, intelligent, entertaining and knowledgeable.
- Have one for men
- Nothing, very interesting speaker and day.
- No complaint about the content but the room was very hot after our return from lunch, very uncomfortable.
- Just make it longer as I really enjoyed it!
- Well structured day.
- Should be expanded to others areas of personal development as it was really invaluable!

- I thought the day was thoroughly enjoyable and informative and can offer no room for improvement.
- The day was very useful and the facilitator was, in my opinion, excellent.
- None- format was excellent.
- Smaller groups for the presentations at the end of the day – time allowing.
- I thought it was a very well structured, meaningful day. I thoroughly enjoyed it.
- I felt the course was fantastic. Diane was a really good trainer, she got everyone involved and working as a team.
- Catering could be better- the tea and coffee was luke warm and there was very little choice of food left in the restaurant by the time we got there as it had run out.
- I really enjoyed the course, very worthwhile and excellent trainer, a well structured course.

### **Q3. What type of Development Days would you like to see us run?**

- Interview skills, brand development
- A day course on assertiveness
- None, there seems to be enough going on with development opportunities.
- I have been to a couple of WDF days now which I have really enjoyed.
- How to cope at interviews
- Interview techniques
- Positive thinking
- Lots currently on offer – no suggestions
- Just more of the same
- Very motivational, would like to see what else Diane does.
- Leadership/management
- Developing promotion for women
- Leadership, managing change in business
- Business language cross reporting line networking to allow us to meet other women working with the police partners.
- Assertiveness training, confidence building
- Team building
- I think this would be a good course to run in force, if Diane could be brought to force.
- Team building exercises
- 

### **Q4. Any other suggestions or improvements?**

- Nothing, just thanks for having me!

- A very worthwhile course that I think a lot of people would gladly attend and have a positive learning experience from.
- Smaller groups
- Air conditioning in the Courtroom – too hot in the afternoon!
- It was a great day and nice to meet people from other forces
- It was a very interesting and enjoyable day.
- I don't feel that the courses are widely advertised/publicised within my force.