

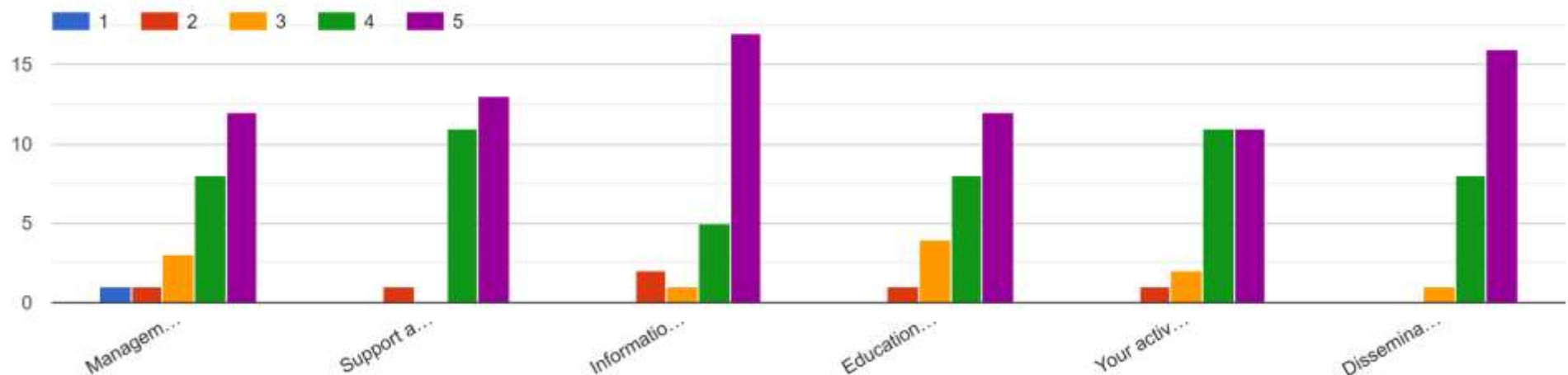
Evaluation of the organization and activities of the PDA “Coaching as skill for Youth Empowerment (COA-SK-YEM)”. Agreement No: 2024-1-EL02-KA153-YOU-000205124” from participants.

On the last day of the first PDA of SCRATCH-PRO (on 23TH OF JULY 2025) of our activities participants of the project answered online the following questionnaire.

We would like to have your opinion about our PDA, that took place in Acharnis Kavallari Hotel Suites (Athens, Parnithos Region, Greece), regarding the overall training organization and the activities we had; educational, cultural and others. The questionnaire is divided in five sections and we would like to gather your feedback because your opinion is important to us and will also help us to improve. This questionnaire is only for participants in the training.

Management and Organisation Questions

The following questions are about the project's overall organization. Answers are from one to 5 where one is the very negative answer and 5 the very positive answer. With the following order: 1. Highly ...onse must be your personal opinion depending on your own experience.



Any comments about the activities?

I Interactive activities flue better
Excellent training! The coach was very clear and inspiring, with practical examples and tools that can easily be applied in everyday
The lectures were a little bit too long and very little engaging the first days, after it was nice
Good training for beginners in coaching.
I learned a lot about coaching through the activities.
Quite educational and useful

I find there may be some space for improvement in the training part, here some examples:
-Too long talks: Sometimes, some of the activities included long talks from the trainer, while participants were just standing and listening for too long time.
-The walking meditation was used in excess.
-Sometimes time management was not the best, both due to some participants arriving late, or dynamics taking longer than expected, leading to take time from our free time.

Activities were nice, could be more interactive
The project was great filled with many interactive activities that I experienced and embraced very well. The knowledge shared by the trainers was easy to absorb and master, and I can't wait to try applying it in my work through practice. they did a super good job

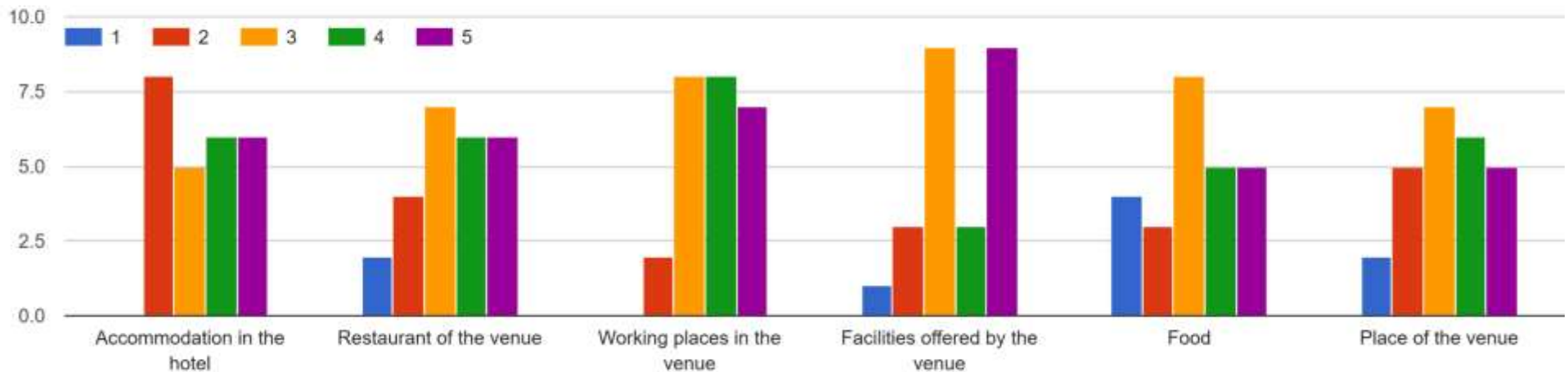
Any additional comments?

The heat was difficult to bear.The AC

No further discussion for feedbacks

Accommodation and Food of the Training

Within your recent stay in Acharnis Kavallari Hotel Suites for the need of the training please rate your overall satisfaction with:



Anything that you want to mention in particular that will make us better about our future projects which have to do with the accommodation place and the food in the project

The first 2 days they didn't take into consideration that some of us don't eat pork, and they didn't prepare anything aside for us, but after, when we had to remind them, they did. Also some days they were no protein on the meals

Maybe more variety of food and some more choice for vegetarians/vegans. Better mattresses would help.

Breakfast was the same everyday, the choice of food was poor. The staff was super helpful and nice. The hotel was very clean.

I believe its standards are enough for what we need, still not the best. Perhaps it could be a good idea to offer private transportation on arrival, departure and free day, so not to waste that much time commuting.

keep doing projects with swimming pools !!

Maybe next time look for a venue that is closer to a shop and a pharmacy.

The food was monotonous and tasteless. The room where the project took place was too hot and stuffy.

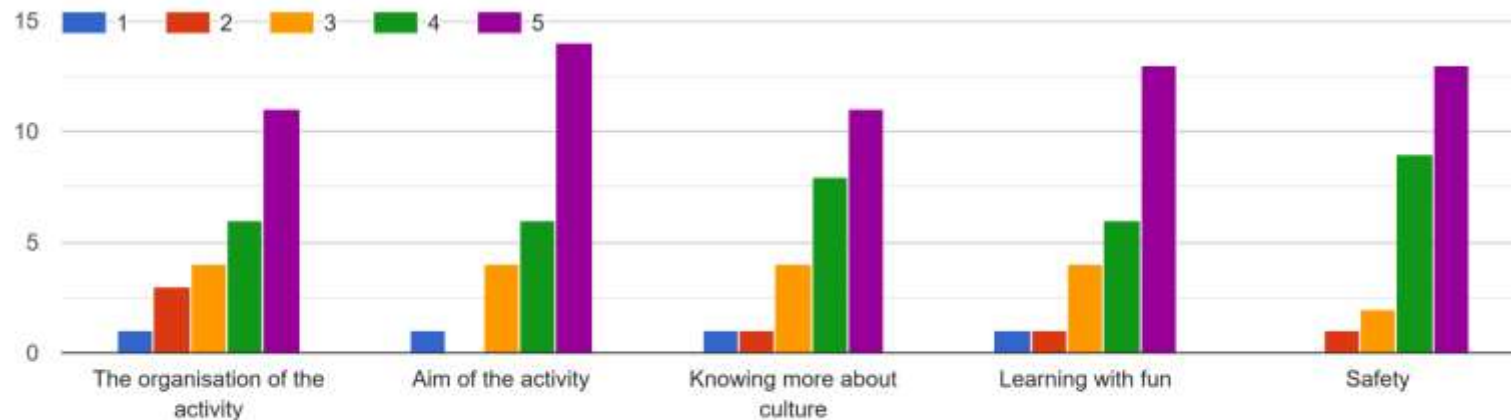
Should be better food, and a cleaner hotel.

Having a hotel with pool is great, but we are in the middle of nowhere. No market no bars, no nature nearby, no easy transport anywhere... and being all day +35 degrees is like you are stacked in the middle of nowhere. Also having an activity room with such a hot temperature all day, I think is not good for the activities.

The bathroom and the room were dirty with bugs. The room for the activity was very hot. The food was of average quality with limited variety. The accommodation did not meet expectations

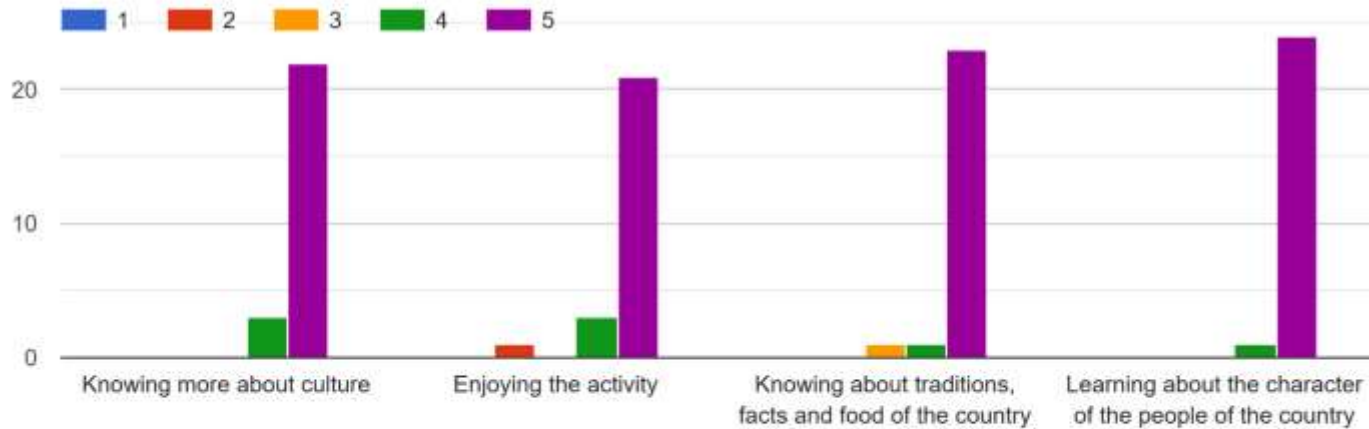
Outside Activities

Cultural Visit to Athens (Saturday whole day). How do you evaluate your personal involvement in the activity according to:



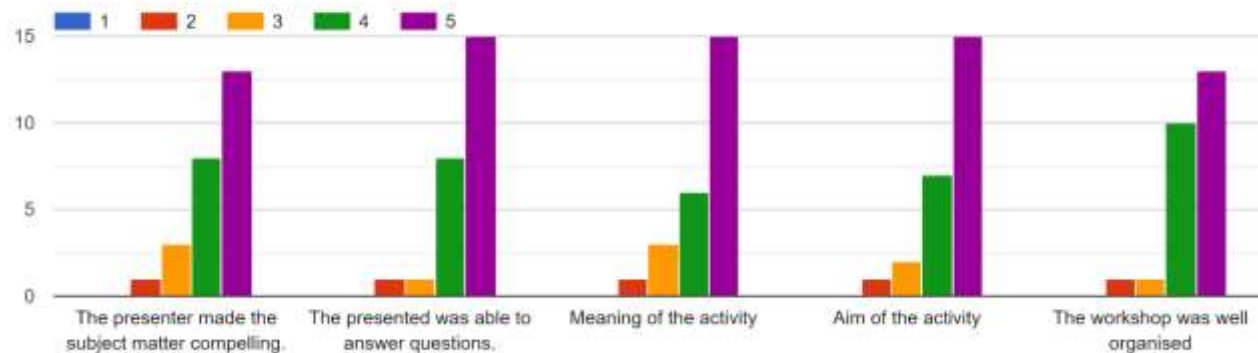
Intercultural/Night Activities

Intercultural nights: How do you evaluate your personal involvement in the activity according to:

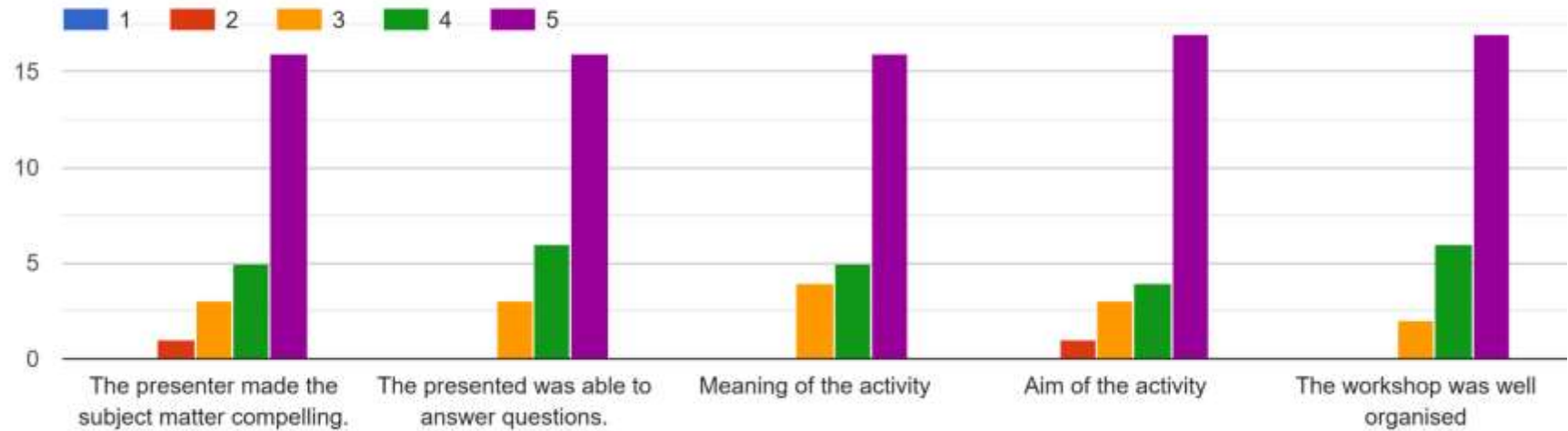


Non-Formal Educational Activities

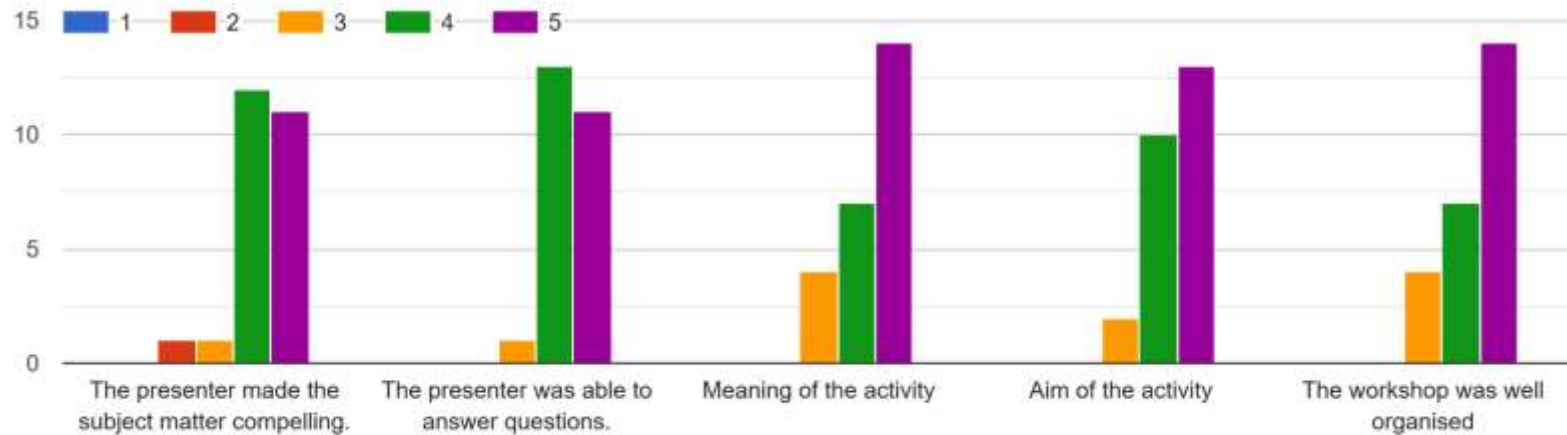
Icebreakers and Team building activities. (Wednesday mixed). We played different type of games, such as drawing, or speed dating in order to learn more about each other. Evaluate the activities according your expectations:



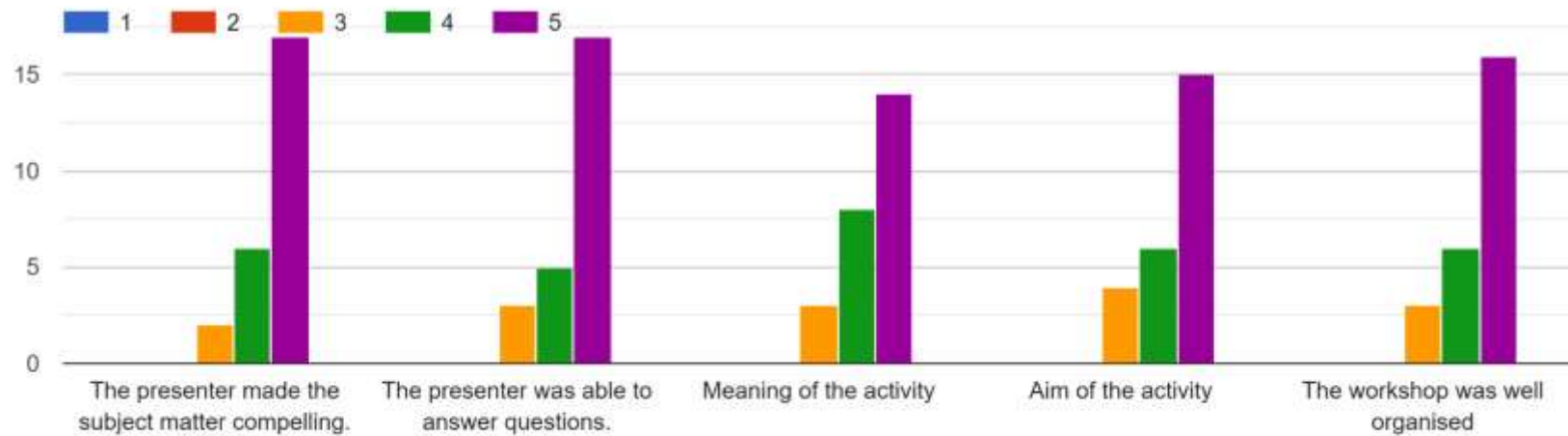
Energizer activities (Every day) . Evaluate the activity according your expectations:



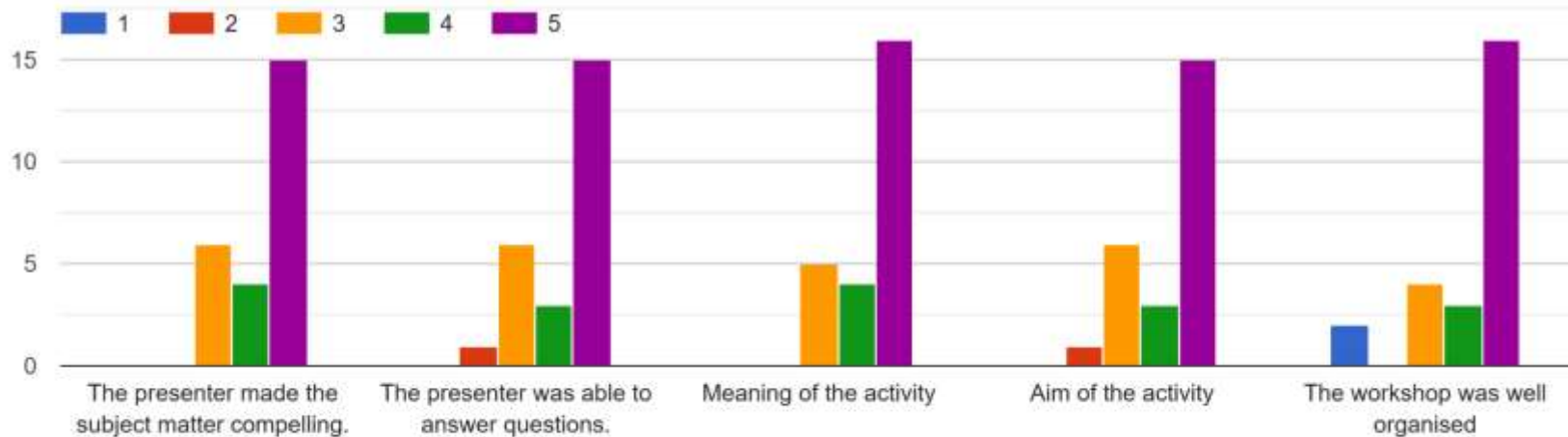
Fears, Expectations, Contributions backpack (Wednesday morning). Evaluate the activity according your expectations:



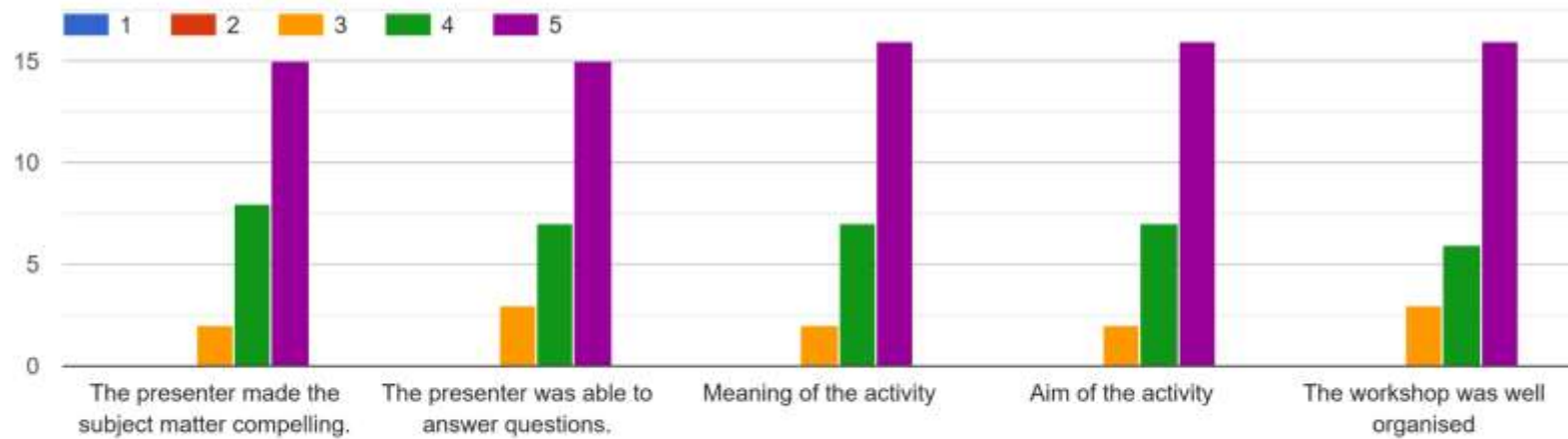
My personal item (Wednesday morning). This was the short activity where we brought our item items to teach each other about ourselves. Evaluate the activity according your expectations:



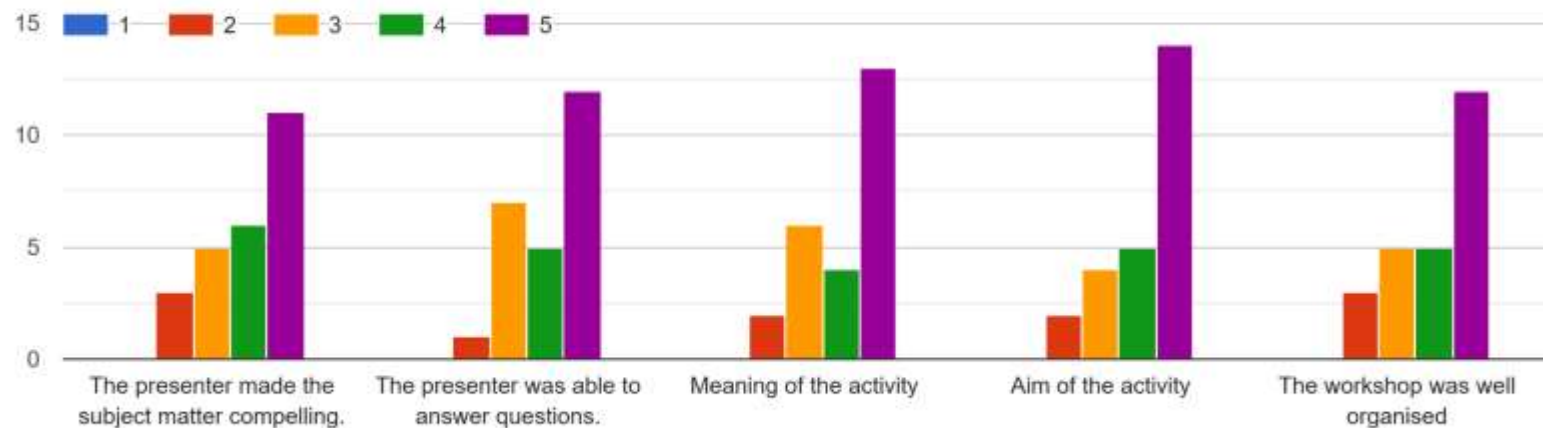
Youthpass key competencies activity (Wednesday afternoon) Evaluate the activity according your expectations:



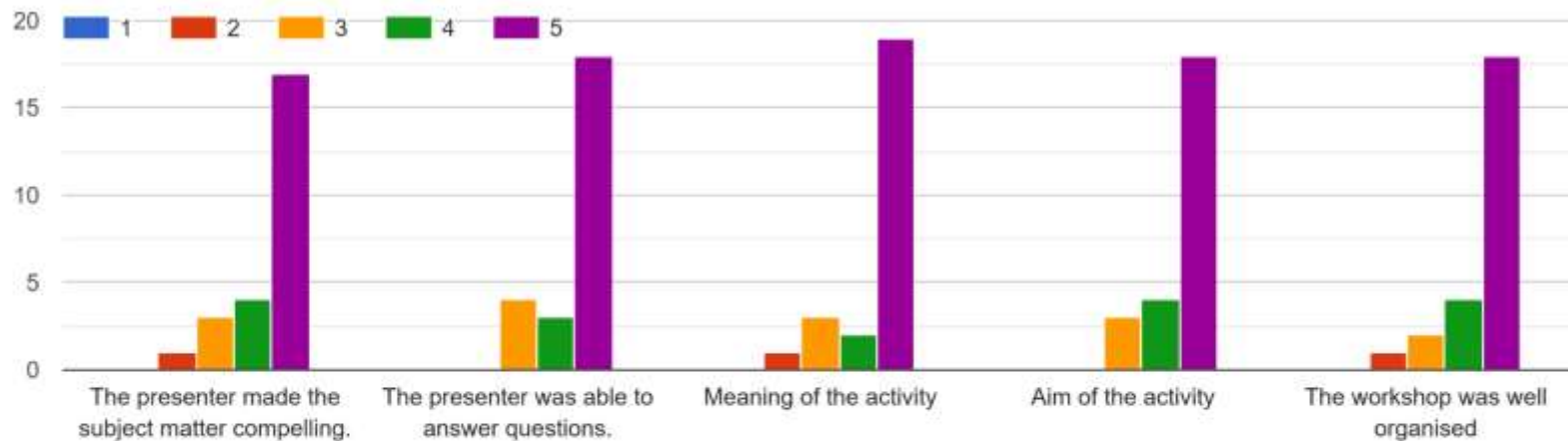
My identity (Wednesday afternoon). This was the activity where we presented our identities, in whatever way we wished, based on what we believe identity is. Evaluate the activity according your expectations:



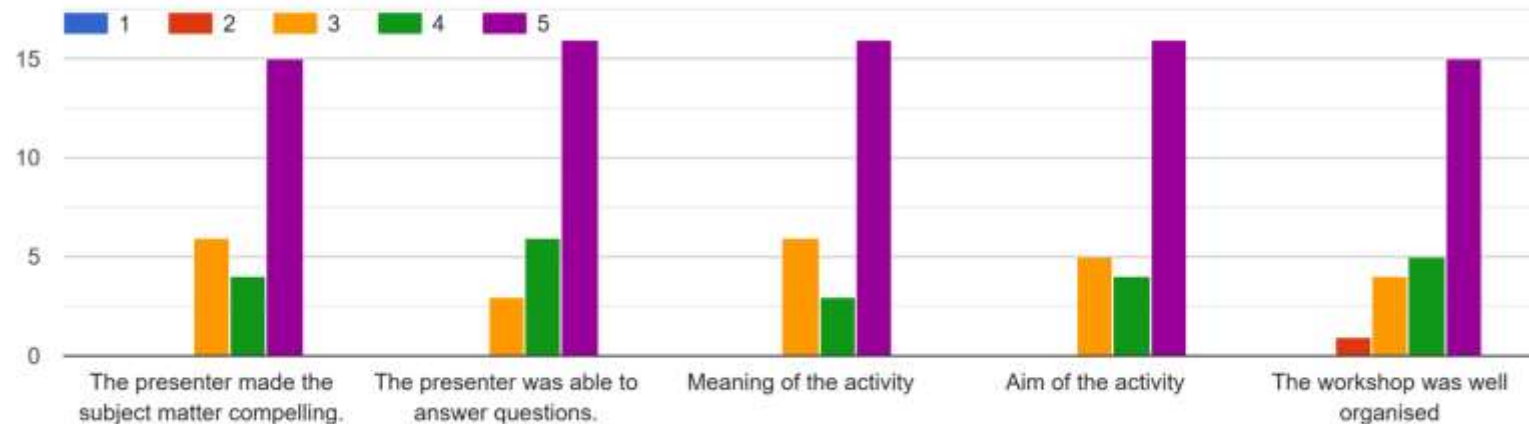
Deep dive to life coaching (Thursday morning). This was when Erma and Dimitris deep dived about the roles and responsibilities of coaches. Evaluate the activity according your expectations:



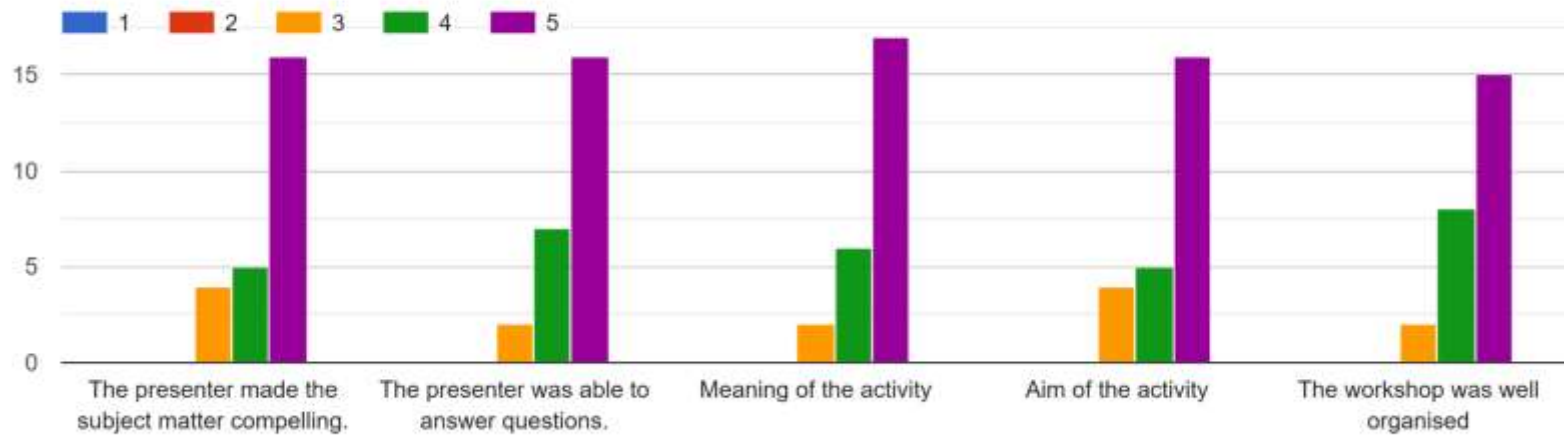
Wheel of Life / S.M.A.R.T Goals (Thursday morning). This was when we filled in our wheels of life, categorizing our satisfaction. We then set out SMART goals to work on ...object. Evaluate the activity according your expectations:



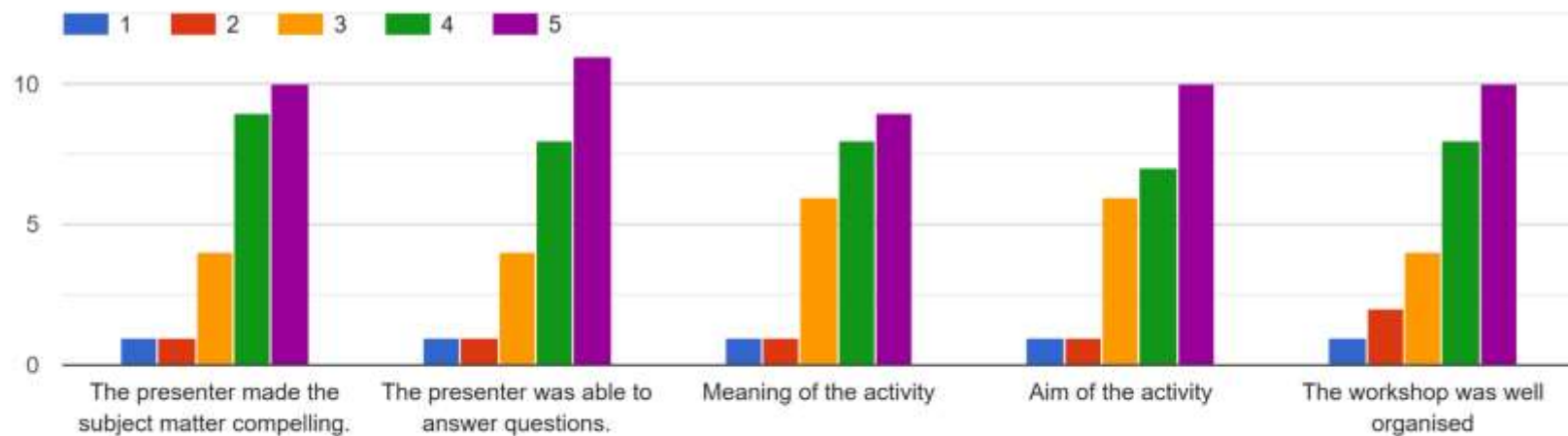
Accountability Partner + Active Listening (Thursday afternoon). This was when we chose an accountability partner, and learned about each others stories of misunder...dings. Evaluate the activity according your expectations:



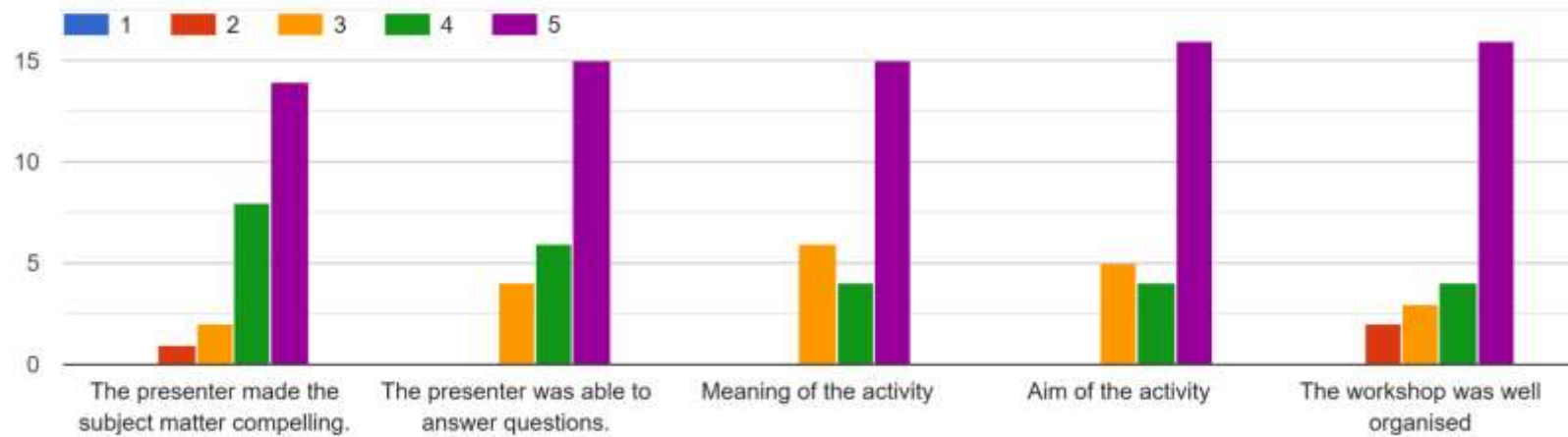
Vision Board (Thursday afternoon). Evaluate the activity according your expectations:



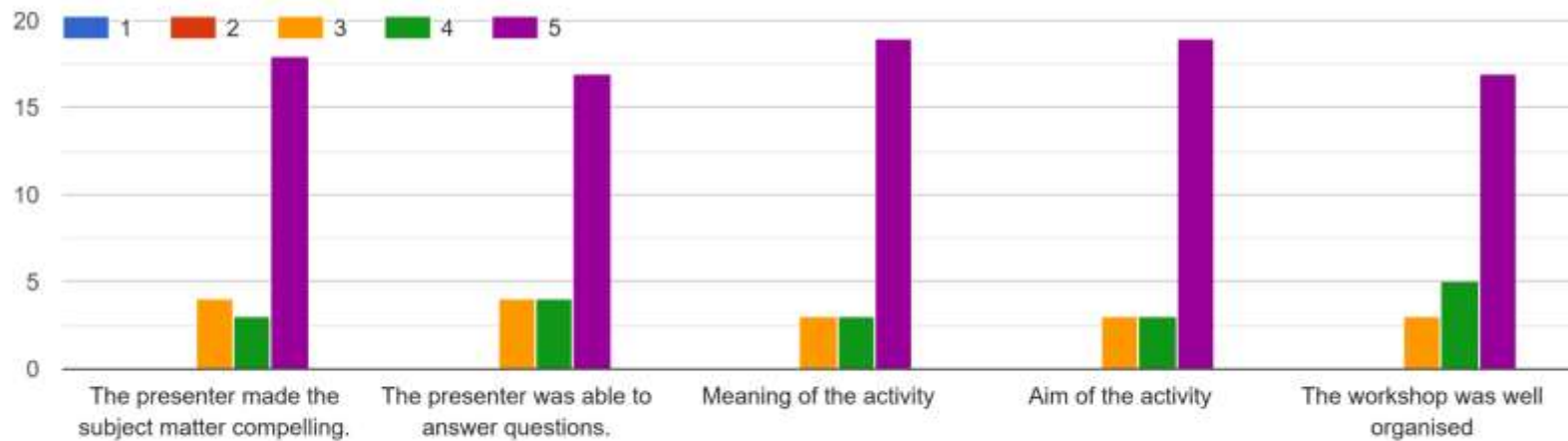
Body Movement (both Friday and Sunday morning - Archetypes). This was the short activity in the morning in order to prepare us for the following activities of the day. Evaluate the activity according your expectations:



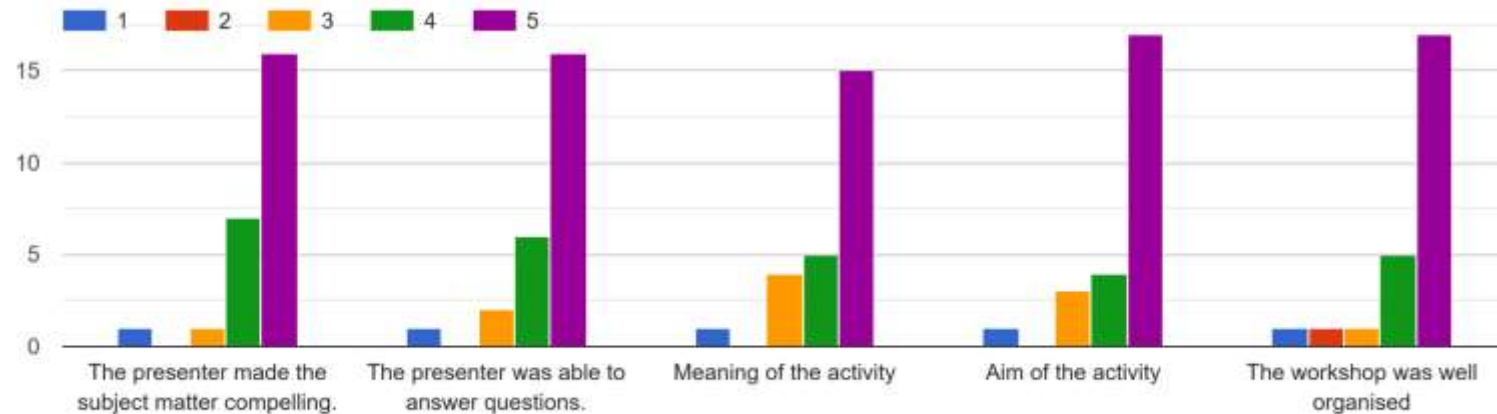
The S.A.V.E.R.S method (Friday morning). This was the activity where we learned about the method which is made up of Silence, Affirmations, Visualization, Exercise, ...riting). Evaluate the activity according your expectations:



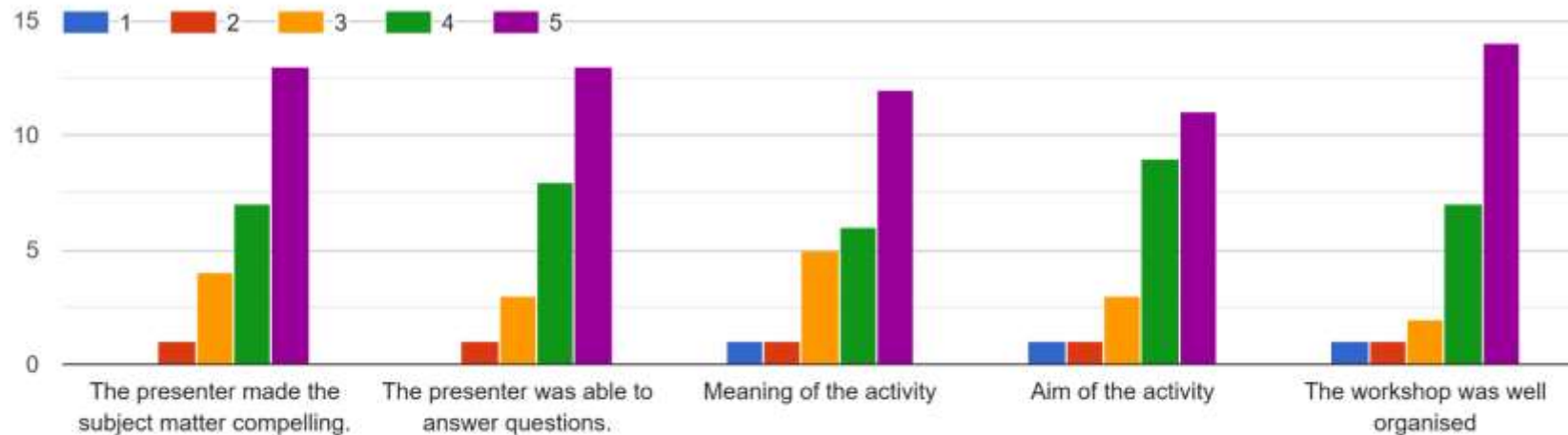
The House of Value (Friday afternoon). This was the activity based on drawing the house and categorizing listing of emotions and behaviors. Evaluate the activity according your expectations:



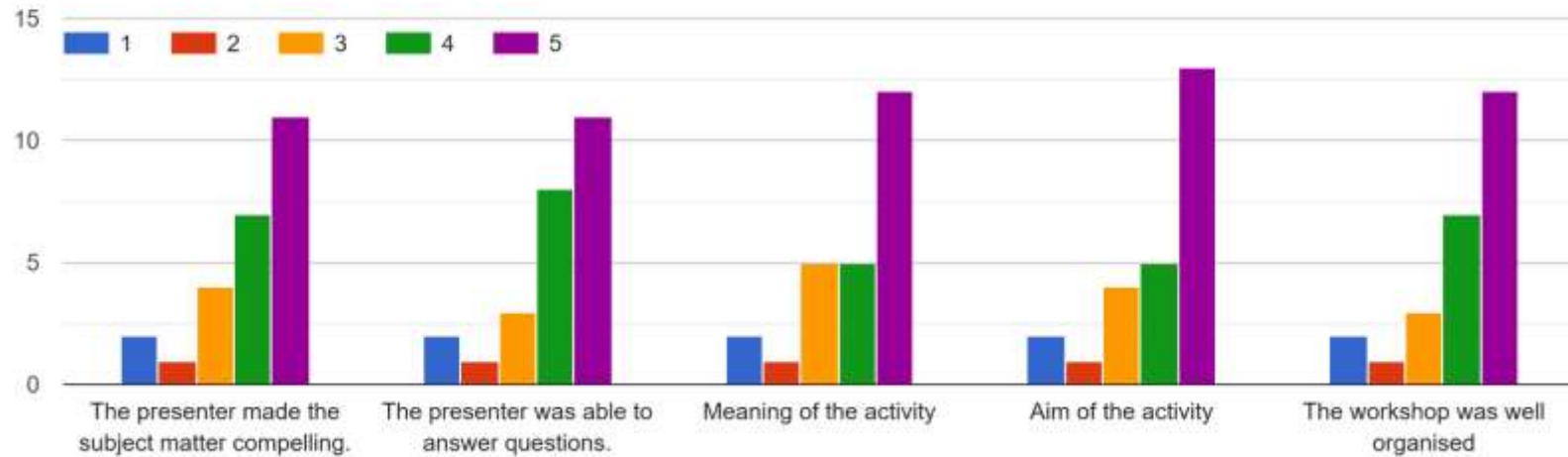
Clay based activity (Friday afternoon). This was the activity based on limited beliefs and using clay to represent different emotions and things. Evaluate the activity according your expectations:



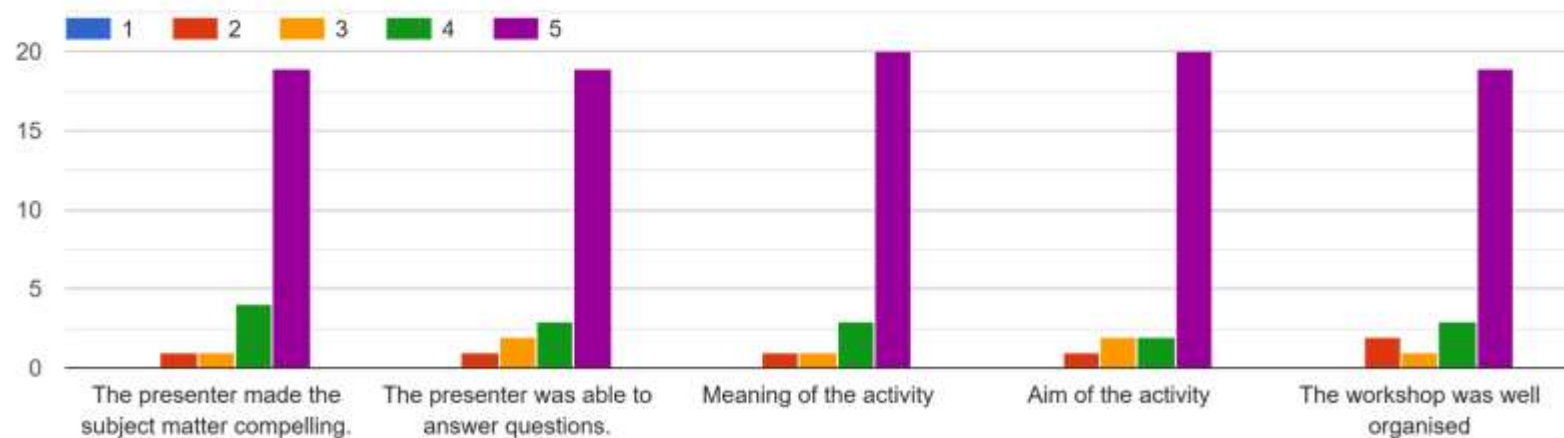
Rewriting the Money Story (Sunday morning). This was the activity based the connection with energy and money, which led to drawing Ms or Mr Money. Evaluate the activity according your expectations:



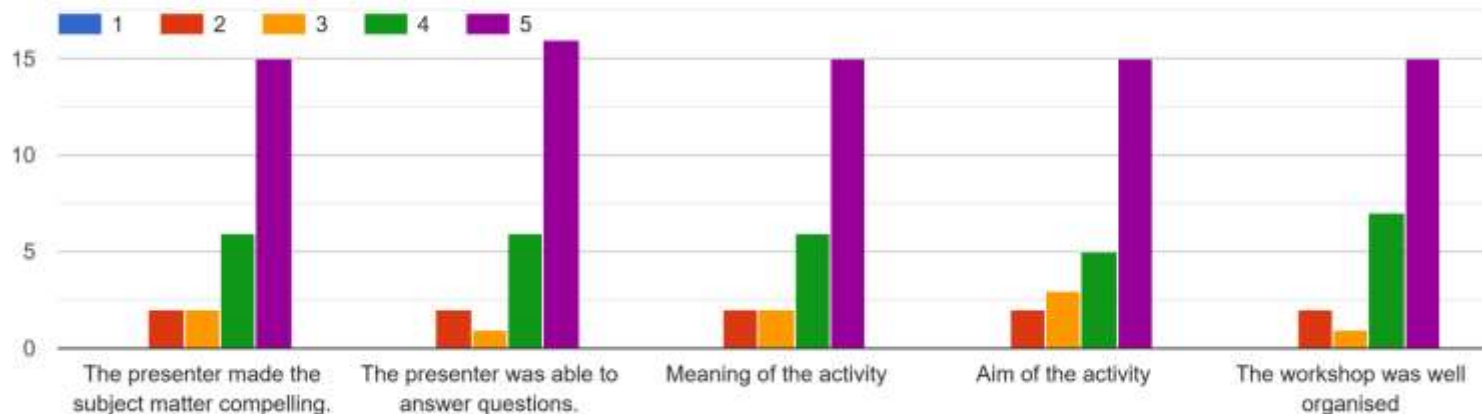
Archetypes (Sunday). These was the activity where we had to visualize archetypes, such as the Sovereign, Warrior, Lover or Magician, to prepare us for the last activ... the day. Evaluate the activity according your expectations:



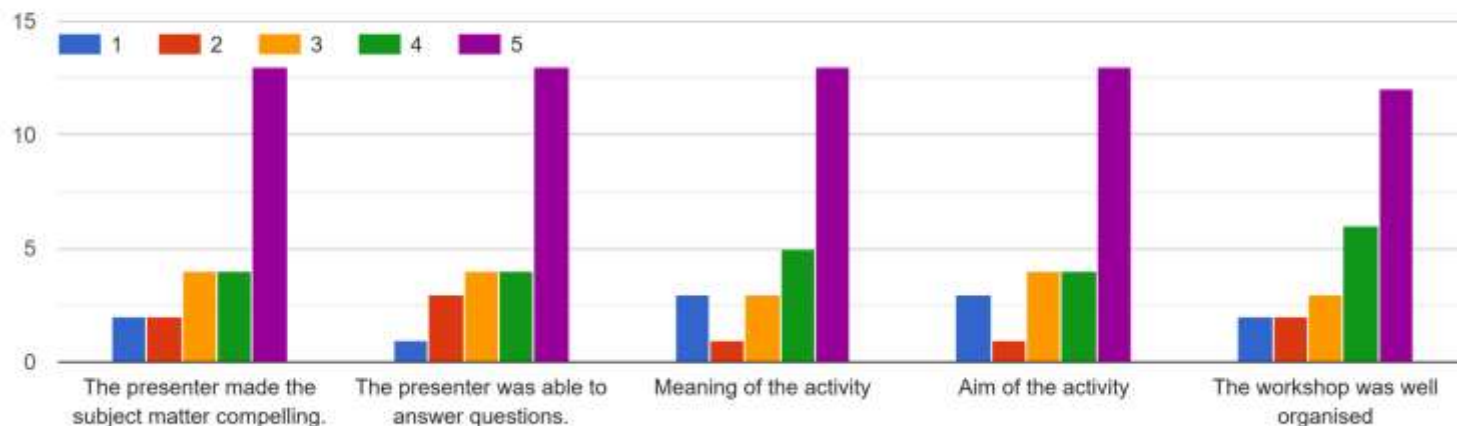
Me in 5 Years (Sunday afternoon). This was the activity where we time travelled 5 years into the future, and had a networking event based on our manifested futures. Evaluate the activity according your expectations:



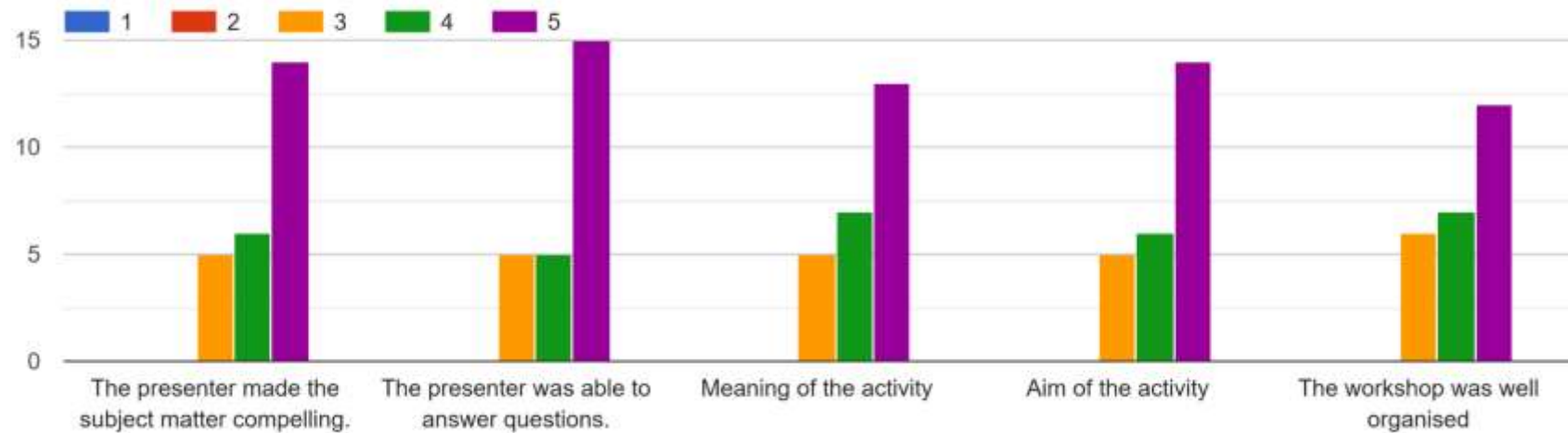
Yoga Laugh session (Monday morning). This was the morning laughing session (and clapping). Evaluate the activity according your expectations:



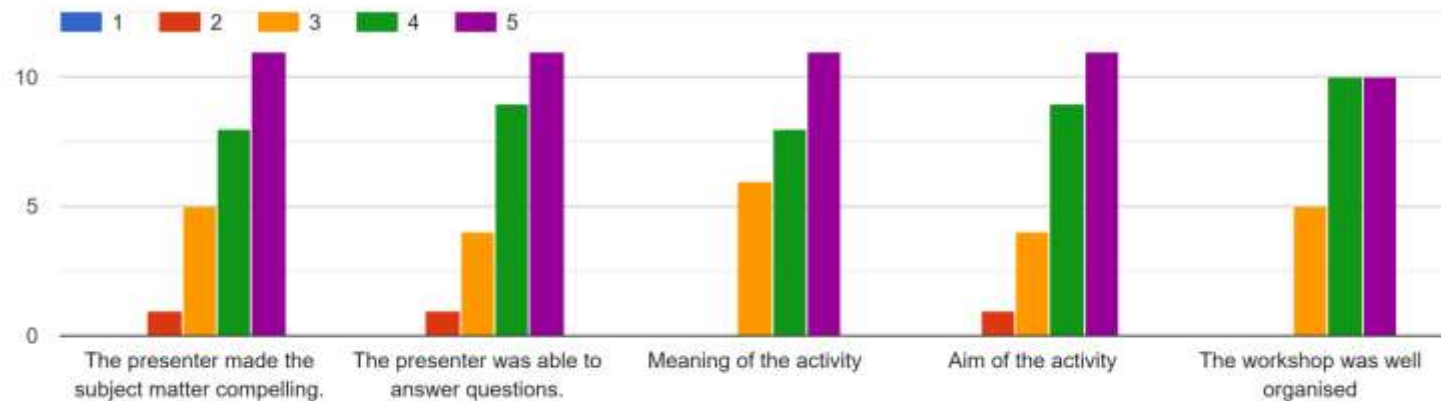
Guest visit, the life coach (Monday morning). This was the visit by Maria Lemonia, who told her her perspective of life coaching, as well as her journey through Greece .Evaluate the activity according your expectations:



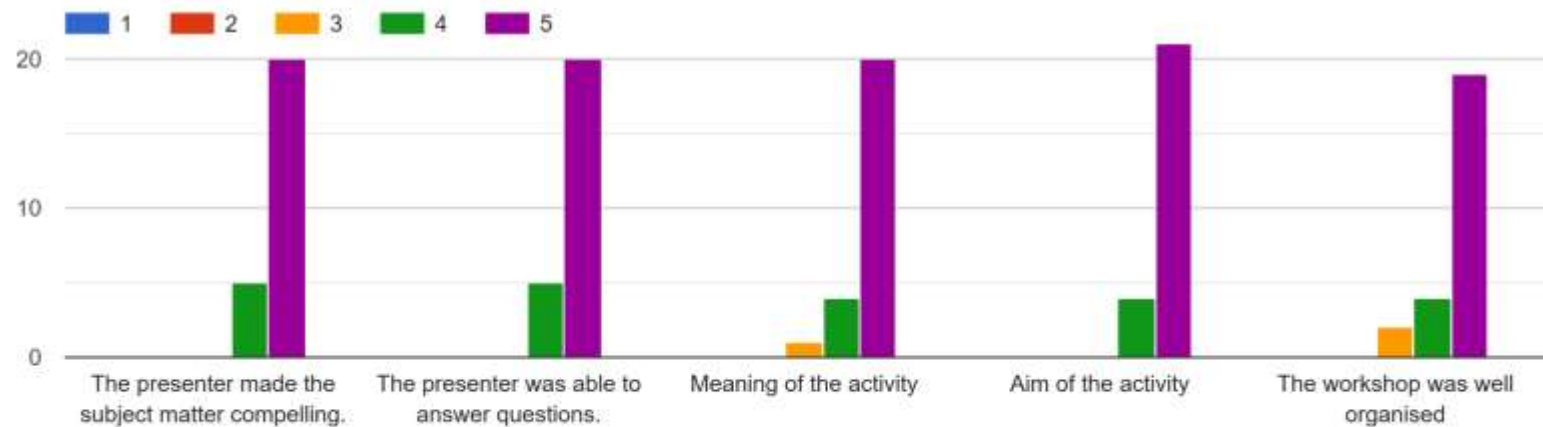
Entering Dramatic Reality (Monday afternoon). This was the activity, in pairs, where we spoke about our imaged places, and guided each other through this place. Evaluate the activity according your expectations:



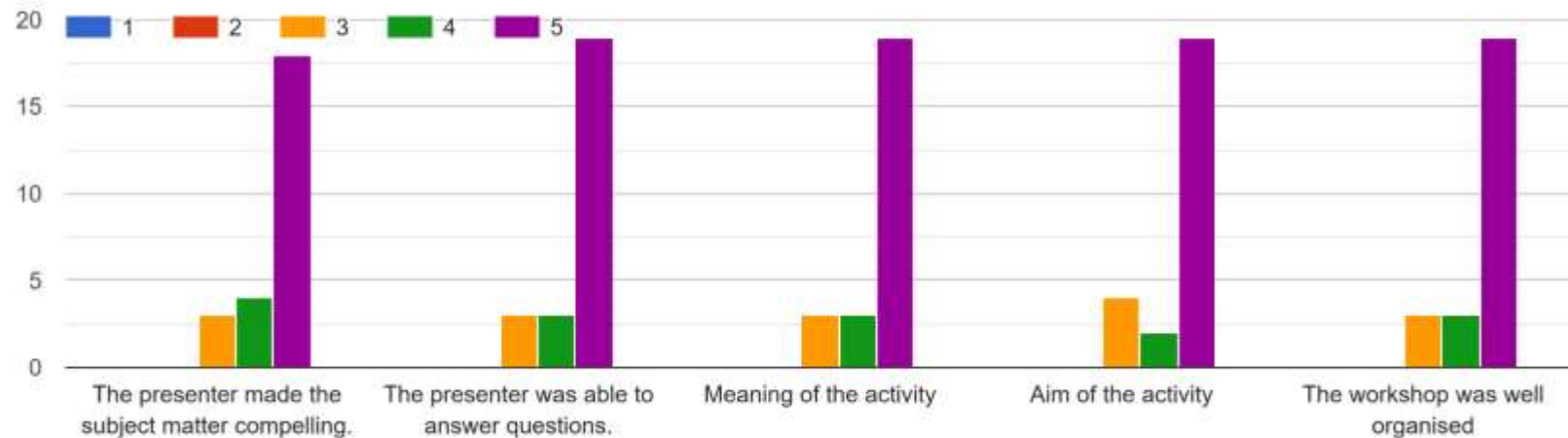
British Drama Game (Tuesday morning). This was the activity, where we were in a circle, and personified different emotions. Evaluate the activity according your expectations:



Creating your own activity (Tuesday morning, implementation in the afternoon). This was the activity, where in 5 different groups developed short activities based on the p... days. Evaluate the activity according your expectations:



Erasmus+ Opportunities. This was the activity (by the birthday boy!), who went over every other opportunity you have access to, funded by the European Commission. Evaluate the activity according to your expectations.



General Questions

Write your emotional outcome for the organisation and implementation of the PDA

Overall the TC was OK but I had the feeling that many things could have been improved. The selection of participants, such a big range i think is not good for group mood and making a strong team. The venue was ok but we are stucked in the middle of nowhere. The workshops should have been more interactive since the beginning, more non formal education.
Good

I am very grateful that I had the opportunity to participate in this project and learned some many coaching skills for improving my life but also to use them in my professional life. Positive for the last 3 days, a bit long and sometimes boring at the beginning. Satisfied for that improvement.
I learnt a lot about other cultures, enhanced my linguistic skills.

I'm glad I was part of this project, I'm sad it's ended
Very intense program, maybe doing it next time in a more suitable place.
I am a changed man (for the better)
i feel good emotions and i learnt more about them actually

Which activity had the maximum impact for you?

S.M.A.R.T., Limiting beliefs, laughing Yoga
The activity I liked the most was "Imagine Yourself in 5 years", because it was creative but the same time so useful,not only to think about the future but to act as is already happening.
Limiting beliefs, S.M.A.R.T., , SAVERS METHOD, Future self

Vision of myselfe in 5 years
All had impact!
The activity that was about british drama game
SMART, SAVERS METHOD, MY SPACE BONDARIES
The house drawing activity about changing our inner beliefs and how to set goals my personal item

Create your Own Activities
Projeckt with tha housejoga aktivitis
Visualization of me in 5years. the house of value and me in five years
Creating your own activity.
Yoga laugh session
Create my own activity.

Create your own activity
Yoga
House project
The accountability partner
British drama.
Create own activity
Rewriting the money story
The British Drama game for me was the most impactful because it made me express in a different way.

Which activity had the least impact for you?

The Money Monster
Any that included long talks led to less interest from my side.
miracle morning because i don't like to wake up the morning ahah
deep dive to life coaching
The guest-because of all the translating was really hard to understand

Body movement
Creating your own activity
Yoga Laugh session.
Personally I didn't enjoy the activity
Guest visit, the life coach, the activity was well organised and meaningful for the project, but I just didn't connect with the story of the guest.

About money
Average for me almost.
Joga aktivitis
The team activities of the beginning because there were not enough...
Entering Dramatic Reality
Entering dramatic reality
Body mivement

Body movement visualization
All of them were perfect
the one that were not clear explained
Visit by greek woman with no english
The visualization energizers
None
All activity who need meditation)))

You can add your thoughts and suggestions in this question about everything that will make us better.

Make the lectures shorter or more interactive, I remember a session that was one hour and a half long were we said nothing, we only listened and there were some questions but that's it, no breaks nothing, it was really really hard
I would advise you to resolve conflicts that arise individually, and not to discuss heated conflict situations while they are still hot and unresolved.

Focus more on non formal education dynamics instead of long talks and "formal" explanations. Better explanation of the activities to ensure them to be clear, and avoid language misunderstandings. More focus on time management
No
Already replied.

Again, thinking about the environment and the the sequence of the activities. A summary in the beginning concerning when and why the activities are going to take place and when the final application of the techniques and tools will be performed. This would be very useful not to be disappointed and have doubts about the training which was in general terms very interesting to me.

You can add your thoughts and suggestions in this question about everything that will make us better.

Thank you MISTER DIMITRIS AND MS ERMA
I want to thank everyone, you were empathetic and friendly, listening.
Best of luck team
Thanks for all!
Thank you for the opportunity
Great work guys!!
Thank you for the opportunity and growth.

Thank you so much for everything!! am grateful!
It was a very well organized training with positive vibes and energy.
thank you for your effort 😊
super amazing team
Thank you for everything!!!:)
Good luck on your next projects. I wish you all the best.

Thanks for having me :)
I wish you a lot of success and I hope we can meet again soon 😊
Efgaristospoly!!!
Despite some minor troubles, the training was a wonderful experience. Huge thanks for the team.