

Feedback on the seven-hour Weaver Way programme

Client identifies as female and is 15 years old

Feedback from the client's parent is attached at the end

I prefer to just talk about my feedback, and record it, and have you write it up? It's easier to just talk than to have to write it all down myself.

So, during the sessions we worked out what my values were, talked about hobbies and activities I enjoy now and found more I might enjoy in the future. I discovered that my grit score probably means I am not the sort of person who will get one job forever but maybe lots of different jobs in my life. The personality social awareness stuff was great. We looked at fears as well and talked about what I am afraid of and what I can do about that. It was good to talk about what my perfect day might be and then how I might make that day a reality in my life. It was really good to find that although I have my Mr. Lazy sitting on one shoulder, I have Miss. Hope sitting on the other shoulder and that Miss. Hope gives me an idea of getting to a future that works for me.

The session headings were really useful. I could refer to them and understand what each hour was going to be about. It was great to have a notebook to put the worksheets in and to write up my thoughts and results from the quizzes. The topics were well split up. They fitted well under the headings and they were really good categories. The most useful part was the job stuff. No, actually, it was the values at the very beginning. I had my values in my head but I didn't know what they were written down and to see them. It really helps you understand yourself better to see your values in front of you.

What was good was that you didn't stay on stuff that wasn't interesting to me. There were things that I didn't find interesting in some sessions but you moved on from those bits quickly. I really liked some of the homework. I like quizzes. It would be good to have the same type of homework after each session or at least a similar activity so that I know what I am doing and what to expect.

I felt listened to and very comfortable talking to you. It helps we are at home. I never felt unable to say something. Things made sense. If there were words I didn't understand I could ask you to explain. You didn't make any speeches or blurt a lot of stuff out. It was

good you left gaps. I didn't forget what you said at the beginning because you had gone on too long. That happens sometimes but it didn't happen with you. It was helpful to break everything down into bits.

I learnt a lot about myself. The one thing I am taking away is the personality compatibility stuff. You know, who I can talk easily with and who might be difficult for me to talk with. That's really useful. I feel much more clear about what I want to do in my future. It's coming together better and I feel in control of that process of moving forward. I would say I really enjoyed the sessions. I really enjoyed the chatting.

No, I never felt judged and I always felt respected and listened to. I had lots of time to talk about my thoughts. I think it would be really useful to ask at the very beginning "how would you describe yourself" because I know now I would have said something very different. You only asked at the end how I would describe myself. It would be great to go back and see how much I've changed how I would do that. I feel really comfortable about my future and how I might get there. I feel more self-aware about myself and other people. I would love to do more with social interactions. You know, why when someone is asked for directions, why some people chat and explain, others just give the directions and some people can't do that even when they know the way.

I really liked that you used really practical examples applied to real life. I am thinking about long term planning. Doing things now that lay the way for me to be able to get to where I want. I've learnt a lot about relationship building and why it takes time to get people to trust you. That's going to be really useful. I think I am going to edit my CV again and get out there and introduce myself.

Parent Feedback

A was very relaxed about the sessions and enjoyed talking to you. She reported that she found the content of each session interesting. She seemed to enjoy the fact that she did not need to tell us much about the details of the sessions. She liked that you said that she could keep it private between you and her.

When I asked her just now, she said the one thing that stood out was the session about fears. This was because she does not have many fears, and now knows how to manage them, and this makes her feel happy. We enjoyed doing the homework with her and she

seemed to enjoy us doing it with her. We had useful conversations about our family values and how our values overlap and how we operate differently in a social group. She really enjoyed keeping her notebook private. I think the sessions really helped A feel more confident and independent. She wants to cycle into town! She is thinking about finding work and committing to it. You have helped her think about her future and what is important to her in life. She appears to have more direction and is more motivated.

I definitely think the sessions will change how A goes about her life as realising what is important to her individually will help her achieve her dreams. She is thinking about what subjects she needs to take to get the job she wants in her future. Real forward planning. The course is very motivational and empowering for a teen and is good value for money. She loved it being sessions just for her. She loved she didn't need to tell us what happened in each session. It gave her a real sense of independence.