

**Coping With Exams Workshop**  
**2022 Feedback**  
**6<sup>th</sup> Form and Year 11 Groups**

*'Very Very Good. Taught me many helpful tips that will help me reduce stress. Lovely environment taught by lovely people. Would love a part 2.'*

*'Better than expected. Interactive, fun, comforting to know I am not alone in how I feel.'*

*'Nice to be given actual practical ways of managing stress. Really fun and engaging. I was able to concentrate the whole time !'*

*'Was really helpful and interesting. Fun and engaging. I felt validated in how I feel. Would like to do another session.'*

*'Fun and helpful. Great environment. Made it not as scary to talk about difficult subjects.'*

*'It was really fun and helpful. The staff were really kind and I felt comfortable to talk.'*

*'Really interesting and helpful. Should definitely be offered to everyone and also to younger year groups.'*

*'The best workshop / stress relief thing I've ever been to. Would like a second session.'*

*'I feel as if the way I am feeling has been validated and I am not the only one that feels this way.'*

*'Tapping was my favourite technique. I will definitely have a go at using this to deal with my anxiety.'*