

Good Afternoon Joshua,

As promised the feedback has been provided below:

A small survey was carried out for feedback on the lunch time presentation that was rolled out by DW fitness Aberdeen Thursday 26th April. The survey was based on 7 questions – 2 of which were free text boxes:

1. Overall, how would you rate the seminar?

Excellent / Very Good / Good / Fair / Poor

2. What did you like most about the seminar?

FREE TEXT BOX

3. Was the length of the seminar too long or about right?

Too Long / About Right / Too Short

4. How helpful did you find the information on basic fitness and nutrition?

(Very Helpful / 50/50 - I learned a thing or two / I didn't learn much at all – Not Helpful)

5. How likely are you to attend another seminar similar in the future, if given the opportunity?

Very likely / Somewhat likely / Not so likely

6. How do you rate the speaker?

Informative, engaging, helpful and friendly / Somewhat informative, helpful and friendly / Not very informative, helpful or friendly

7. Is there anything else you'd like to share about the seminar?

FREE TEXT BOX

Results are below:

1. 50% of answers – Excellent 50% of answers – Very Good
2. Free text responses: Engaging speaker who was happy to discuss at all levels / Different Information / Explanation for importance of balanced diet / food and exercise for healthy life / Very informative yet lighthearted, clearly presented and enjoyable to attend / the advice seemed to be balanced and healthy. not a fad or quick fix exercise / Nutritional Information in relation to Proteins and supplements / the variety of information - well explained and interesting
3. 75% of answers – Length of time about right 25% of answers – length of time too short
4. 88% of answers – very helpful 13% - learned a thing or two
5. 100% of answers – very likely to attend another similar seminar
6. 100% of answers – rated the Speaker informative, engaging, helpful and friendly.
7. Free text responses: Very enjoyable session and as a business that doesn't usually offer things like this, its to have the opportunity to attend - look forward to more events. / I'm going to see if I can book in for some personal nutritional advice / training. / The seminar was well arranged

Overall the results speak for themselves! Great feedback and from our perspective we'll try to fit in some longer sessions moving forward but you were spot on!

Thanks and Kind Regards,

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