

8) How would you rate your efforts to be environmentally positive in the following areas, now and before the program started?

		Poor Efforts					Strong Efforts		
Waste	Before	1	2	3	4	5	6	7	
	Now	1	2	3	4	5	6	7	
Gardens	Before	1	2	3	4	5	6	7	
	Now	1	2	3	4	5	6	7	
Energy	Before	1	2	3	4	5	6	7	
	Now	1	2	3	4	5	6	7	
Water	Before	1	2	3	4	5	6	7	
	Now	1	2	3	4	5	6	7	
Health	Before	1	2	3	4	5	6	7	
	Now	1	2	3	4	5	6	7	
Chemicals	Before	1	2	3	4	5	6	7	
	Now	1	2	3	4	5	6	7	
Transport	Before	1	2	3	4	5	6	7	
	Now	1	2	3	4	5	6	7	
Community Action	Before	1	2	3	4	5	6	7	
	Now	1	2	3	4	5	6	7	

9) How would you rate the following aspects of the program in terms of your enjoyment/ satisfaction with them and also their effectiveness in helping you change your behaviour?

(1 = Very uneffective/unsatisfied; 7 = Very effective/satisfied)

Living Smart booklet	Satisfaction	1	2	3	4	5	6	7
	Effectiveness	1	2	3	4	5	6	7
Fortnightly lectures	Satisfaction	1	2	3	4	5	6	7
	Effectiveness	1	2	3	4	5	6	7
Fortnightly small workshops	Satisfaction	1	2	3	4	5	6	7
	Effectiveness	1	2	3	4	5	6	7
Goal Setting	Satisfaction	1	2	3	4	5	6	7
	Effectiveness	1	2	3	4	5	6	7

10) How satisfied were you with the following aspects of the course?

Venue (The Meeting Place)	Unsatisfied	Undecided	Satisfied
Content of booklet	Unsatisfied	Undecided	Satisfied
Content of lectures	Unsatisfied	Undecided	Satisfied
Facilitator	Unsatisfied	Undecided	Satisfied
Length of the course	Unsatisfied	Undecided	Satisfied
Intensity of the course	Unsatisfied	Undecided	Satisfied

Do you have any comments about any of these aspects of the course?

11) Has the goal setting process you learnt been an effective process?

Very Uneffective

Very Effective

1 2 3 4 5 6 7

Why? _____

12) How can the goal setting process used in the program be improved?

13) Would you prefer to do the goal setting during the lectures or the workshops? _____

14) Do you think the small group workshops have been an effective process?

Very Uneffective

Very Effective

1 2 3 4 5 6 7

Why? _____

15) How important were the following aspects of the small group workshops?

Very Unimportant

Very Important

Meeting in somebody's home	1	2	3	4	5	6	7
Setting an agenda	1	2	3	4	5	6	7
Already knowing other people in the group	1	2	3	4	5	6	7
Open friendly discussion	1	2	3	4	5	6	7
Having a mentor in the group	1	2	3	4	5	6	7
Having discussion questions and activities to do	1	2	3	4	5	6	7
Having local people in the group	1	2	3	4	5	6	7
Setting goals	1	2	3	4	5	6	7

16) How can the small group workshops be improved?

- 17) As a result of attending The Meeting Place do you think you (please tick)
- Feel more a part of the community
 - Increased your knowledge of community resources and services
 - Increased your sense of wellbeing
 - Increased your knowledge on sustainable living

- 18) The people you have told about the program, are they?
- Not interested a little interested interested very interested didn't tell

- 19) What do you think was the most positive part of the program?

- 20) What do you think was the most negative part of the program?

- 21) How will you continue 'Living Smart' now that the program is finished?

- 22) Would you like to become involved in the development or implementation of the program some way?
How?

- 23) If you would like to leave your contact details so that you can be informed of future developments of the program and so other participants can contact you, please write them below (including email if you have it).

**Thankyou for your enthusiastic participation in the program
and for completing this form.**