



ACT-ivate

FOUR WEEKS LATER

Measure how the training
has shifted **behaviour**



The real test of any session isn't what people say in the room, but what they **do** when they leave it. A single, light-touch **check-in** four weeks later closes the loop, **surfaces real stories of change**, and tells you **honestly** what **landed** and what didn't.

FOUR WEEKS LATER

- 1. Set the survey up before the session ends.**

Schedule it to land four weeks later so you don't forget. If participants have agreed you can replace the written questionnaire with a scheduled invitation for a coffee catch up.

- 2. Keep your review to three questions maximum.**

Ask participants to reflect on any commitments they made on the day. Did they act on them? What got in the way if not? Give space for feedback that doesn't follow the pattern you've defined.

- 3. One open question always outperforms a rating scale e.g.** "What's one thing that's different because of this training?"

- 4. Share anonymised findings** back with the training group to help them feel like they are delivering the WFG Act together

WORKS WITH



Act-ivate Story Harvest — use the open question responses as the seed for a fuller story collection



Act-ivate Self Guided – to evaluate the extent to which learning has been effective

*what got
in the
way?*

*what is
better?*

*could you
implement what
you learned?*