



# A Hero's Journey TOOL

For participants

## Before the Workshop

### Wellbeing



I feel very good today and I am happy to attend the workshop



I feel ok today and I am ok to attend the workshop



I don't feel very good today and I am not interested in this workshop



I feel bad today and I don't want to attend the workshop

What are you looking forward to for today's workshop?

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What do you want to learn today?

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# A Hero's Journey TOOL

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## During the Workshop

### Wellbeing



I feel very good during the workshop



I feel ok during the workshop



I don't feel good during the workshop



I feel bad during the workshop

What are you doing in the workshop?

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How are you connecting science and cooking in the workshop?

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# A Hero's Journey TOOL

For participants

## After the Workshop

### Wellbeing



I felt very good today and I am happy I attended the workshop



I felt ok today and I am glad I attended the workshop



I didn't feel very good today and I am not interested in these workshops



I felt bad today and I won't attend any more workshops

What did you learn in the workshop?

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