

## **Report Analysis of Handling and Navigating Emotions**

The event analysis indicates a positive reception among respondents. 80% of participants rated their satisfaction at 4, demonstrating a strong overall satisfaction level. Remarkably, all respondents agreed that the event content met their expectations regarding mental health awareness. The speaker was perceived as highly effective by 93% of participants, indicating their impactful contribution.

Regarding future participation, a majority (59%) expressed a likelihood to engage in similar mental health awareness events, while 41% remained neutral, suggesting potential opportunities for increased engagement strategies.

In terms of audience engagement, 81% rated the event as a 4 on the scale, showcasing a high level of interaction and participation. This suggests that the event successfully fostered engagement among attendees.

The overwhelmingly positive feedback on content alignment, speaker's effectiveness, and audience engagement underscores the event's success. Addressing the neutral responses concerning future participation might involve tailored communication to encourage greater involvement. Overall, the event achieved its intended goals of educating on mental health while fostering an engaging and satisfying experience for most attendees.