

Women in Agriculture 'Be Your Best Self'

2020-2021 pilot: evaluation report

This report outlines the findings of an evaluation of the 'Be Your Best Self' 2020-21 training pilot, part of the Women in Agriculture Development Programme. The evaluation methods included two surveys and six-month follow-up interviews.

Main findings

The course has led to a range of positive outcomes for women who took part including: building their confidence in their skills and strengths; equipping them with the skills and confidence to play a bigger role in decision-making, put forward ideas and develop their roles on the farm; strengthening their connections to other women in agriculture.

After completing the course:

88%

of survey respondents said they had good connections to other women in agriculture



98%

said the course had a positive impact on their confidence in their own skills, strengths and experiences



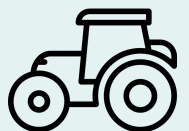
88%

of respondents felt optimistic about their future in agriculture



100%

of respondents said they had ideas or plans about their future in agriculture



In follow-up interviews, participants said:

"It's definitely made me more **optimistic** about my future."

"It's made me go **forward** and it's given me **options**."

"If I've got something to say [...] I'll make sure that I do get **listened to**."



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