**Feedback Form**

1. How would you rate the Course overall?

Excellent

Very Good

Good

Somewhat Good

Poor

2. How would you rate the Presenter?

Excellent

Very Good

Good

Somewhat Good

Poor

3. Did the presenter communicate the course material clearly?

Definitely

Somewhat

No

4. How would you rate the course material?

Excellent

Very Good

Good

Somewhat Good

Poor

5. Have you noticed a difference in your ability to manage stress since enrolling in the course?

Definitely

Somewhat

None

6. Will you use the stress management tools from the course going forward?

Definitely

Probably

Maybe

No

7. How confident do you feel about your ability to manage stress going forward?

Confident

Somewhat Confident

Not Confident

8. How many practical assignments did you complete?

All

Most

Some

None

9. Did the assignments help you gain further understanding of the stress management techniques that were presented in the course?

Definitely

Somewhat

Not Really

10. Would you recommend this course to others?

Definitely

Probably

Maybe

No

*Optional*

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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