**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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