



**DONNELLY COLLEGE**

# Stress Management

Faculty and Staff Workshop – Evaluation Results

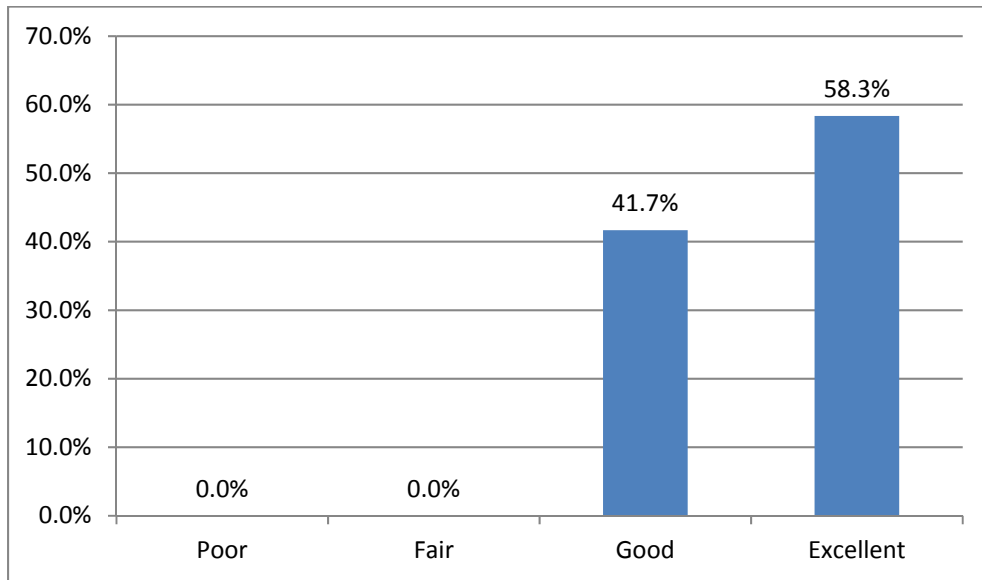
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Title: Stress Management  
Presenter: Susan Lechliter  
Date: 12/5/17

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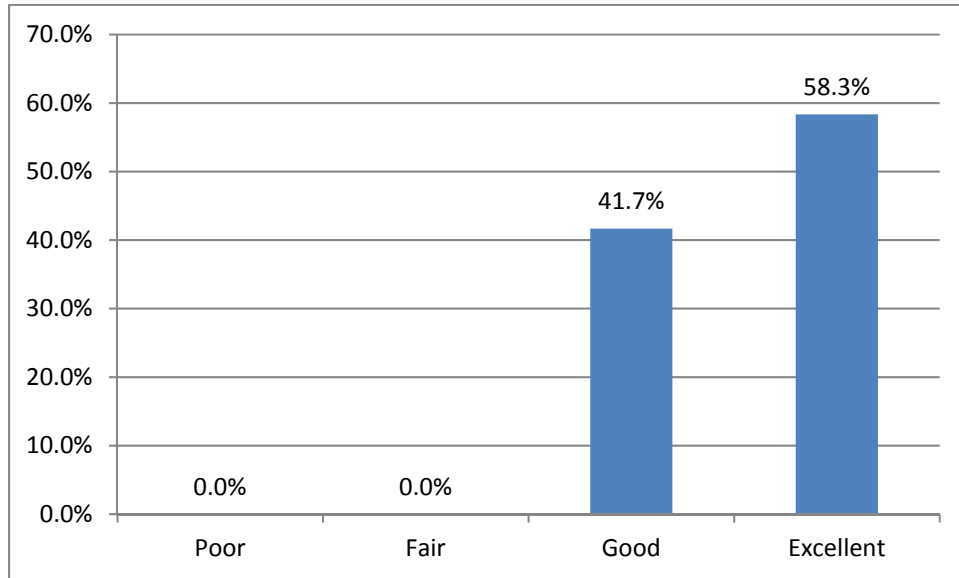
### How would you rate this presentation?



- All 12 participants responded

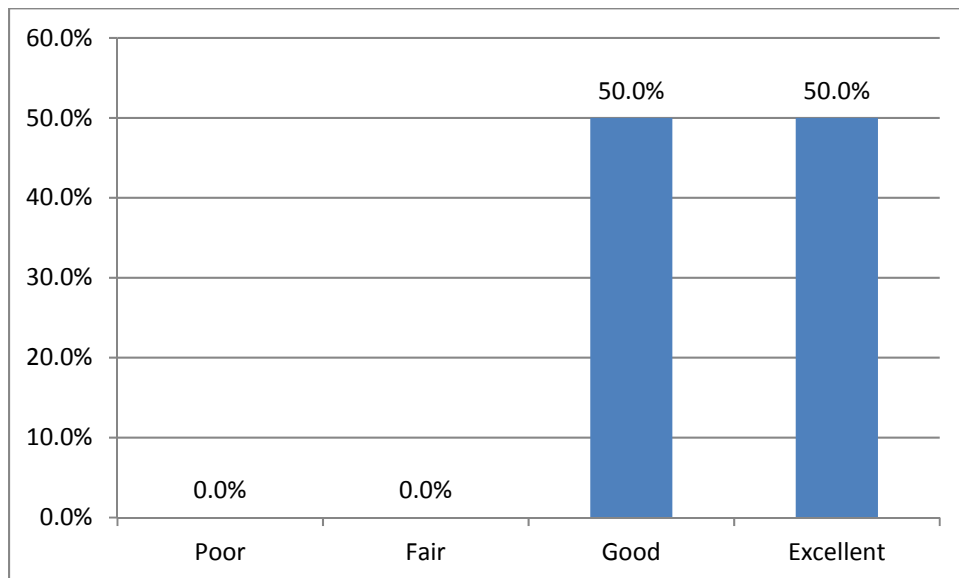
## Content

### Covered useful material



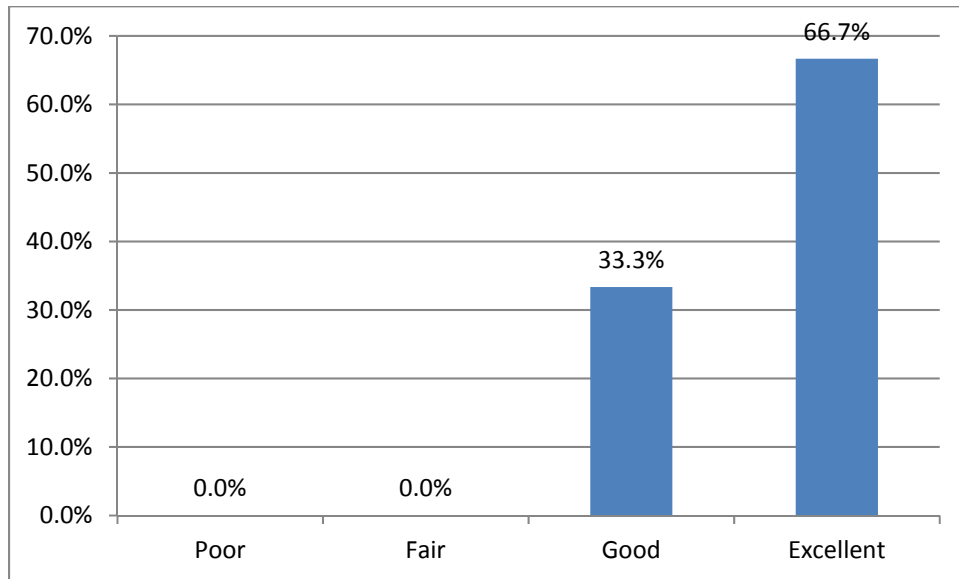
- All 12 participants responded

### Practical to my needs and interests



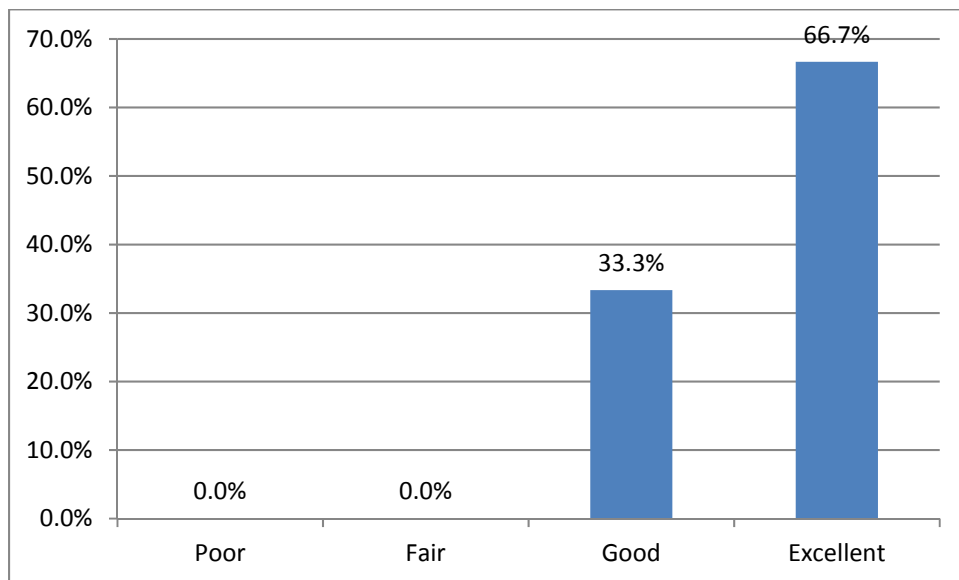
- All 12 participants responded

Well organized



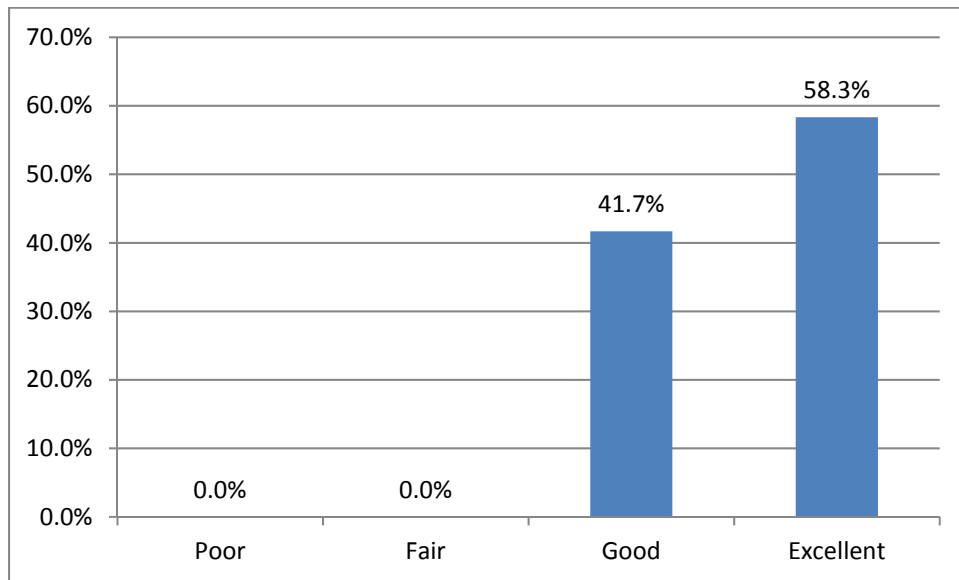
- All 12 participants responded

Well-paced



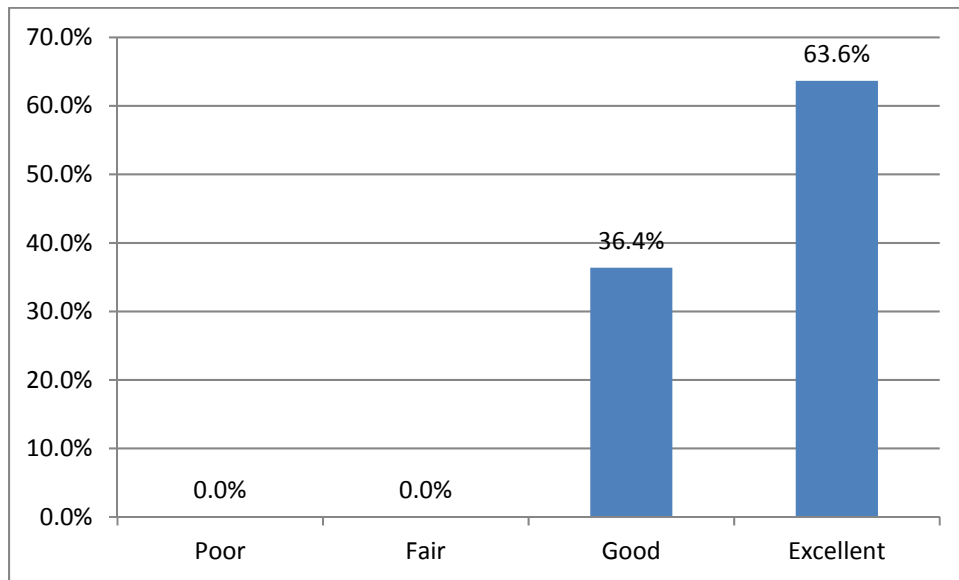
- All 12 participants responded

Presented at the right level



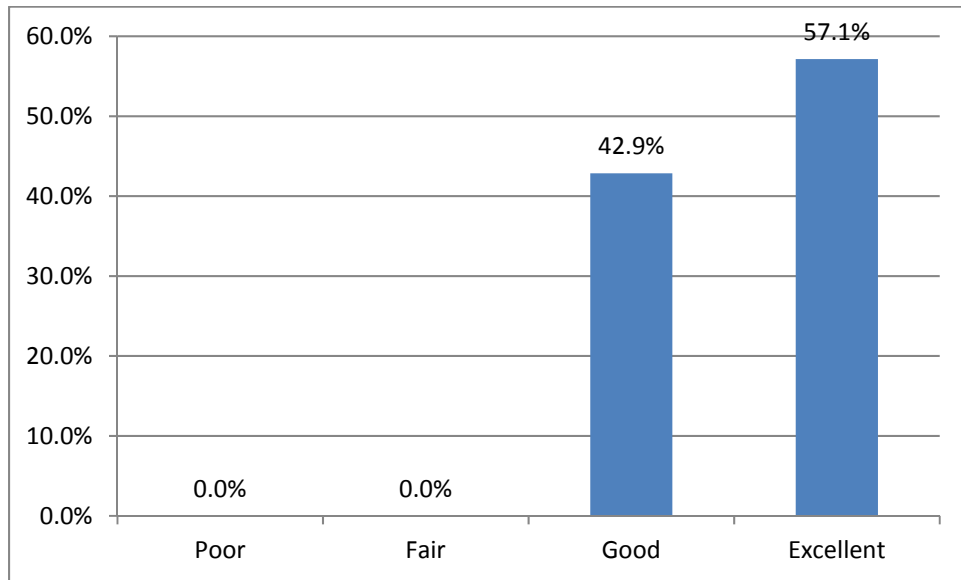
- All 12 participants responded

Effective activities



- 11 of the 12 participants responded

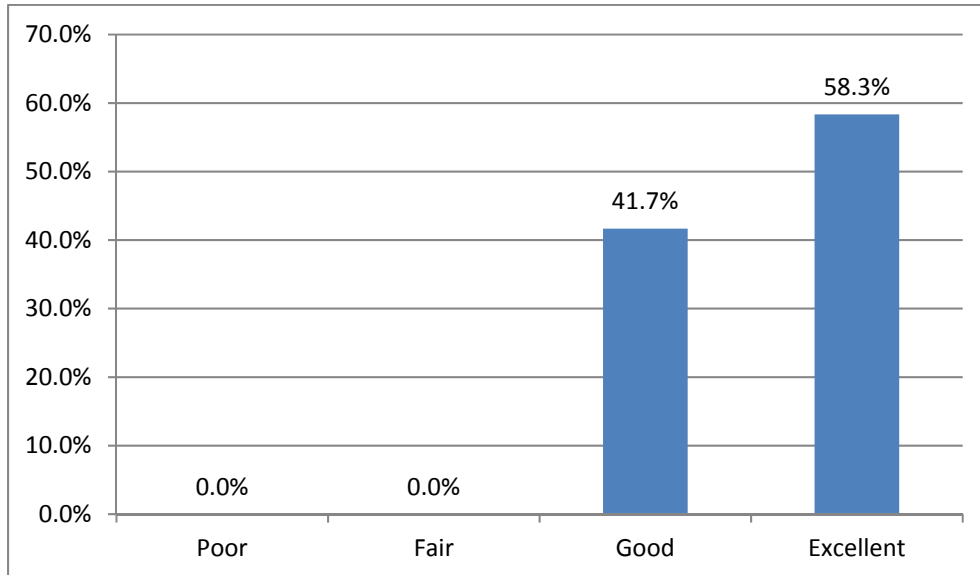
Useful visual aids and handouts



- 7 of the 12 participants responded

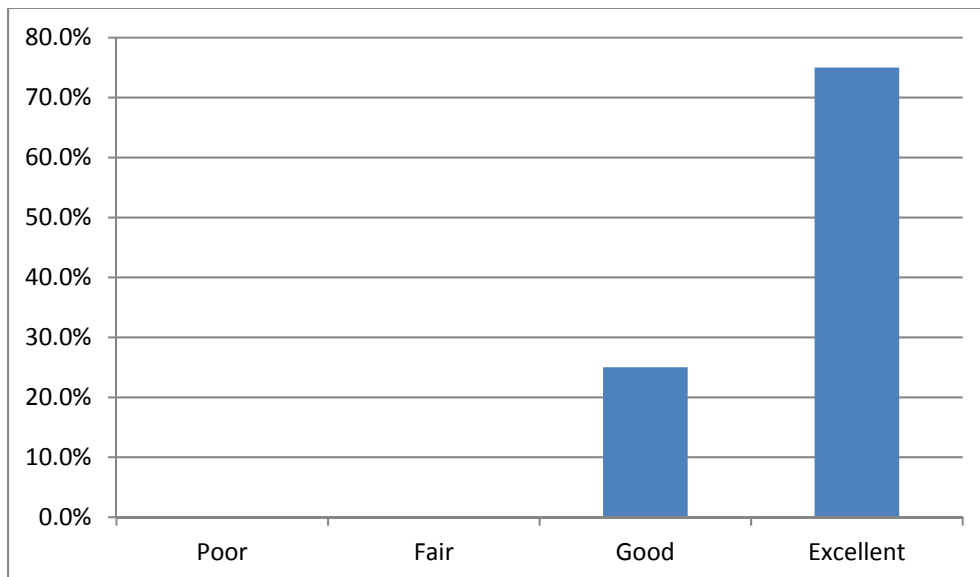
## Presenter

### Knowledge



- All 12 participants responded

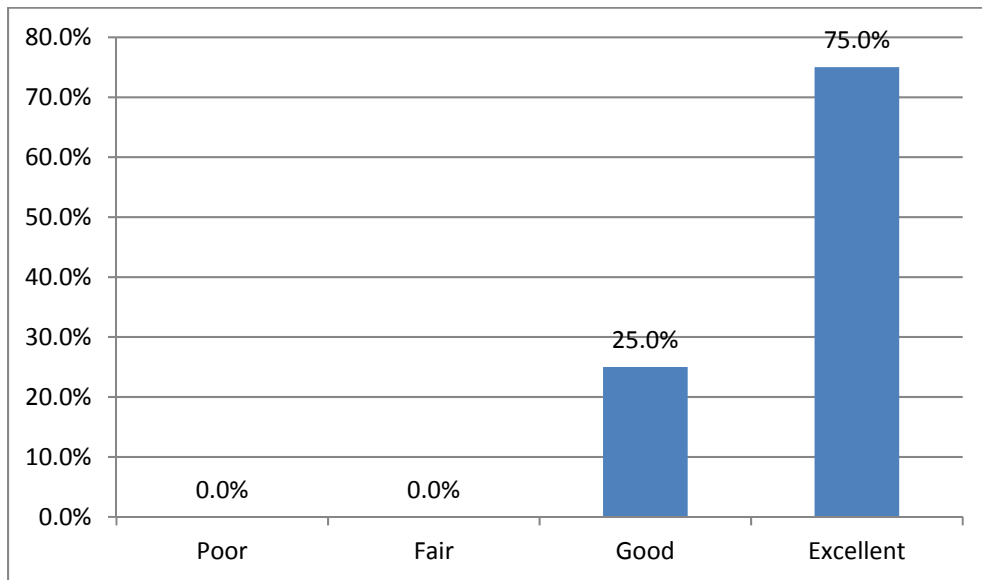
### Presentation style



- All 12 participants responded

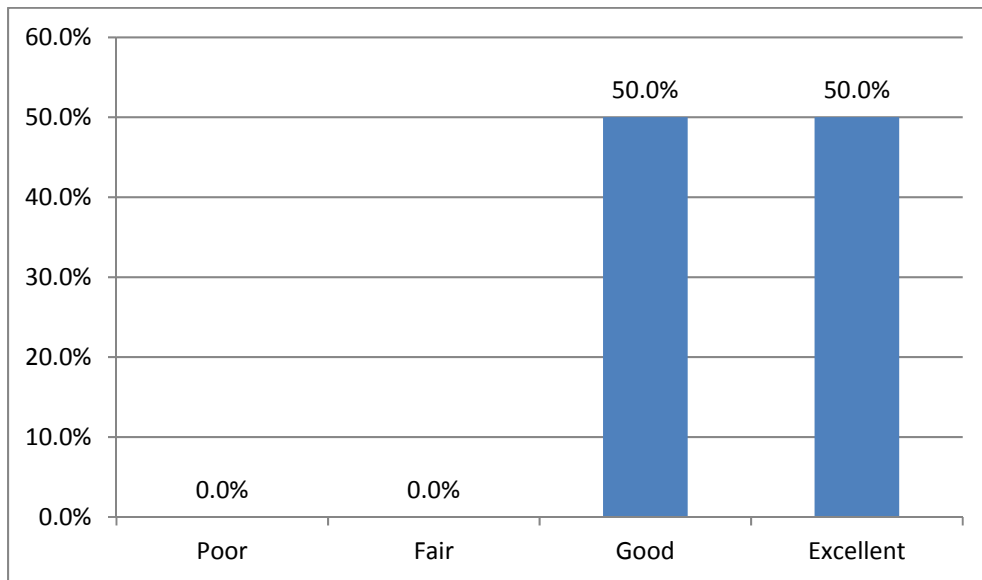


Covered material clearly



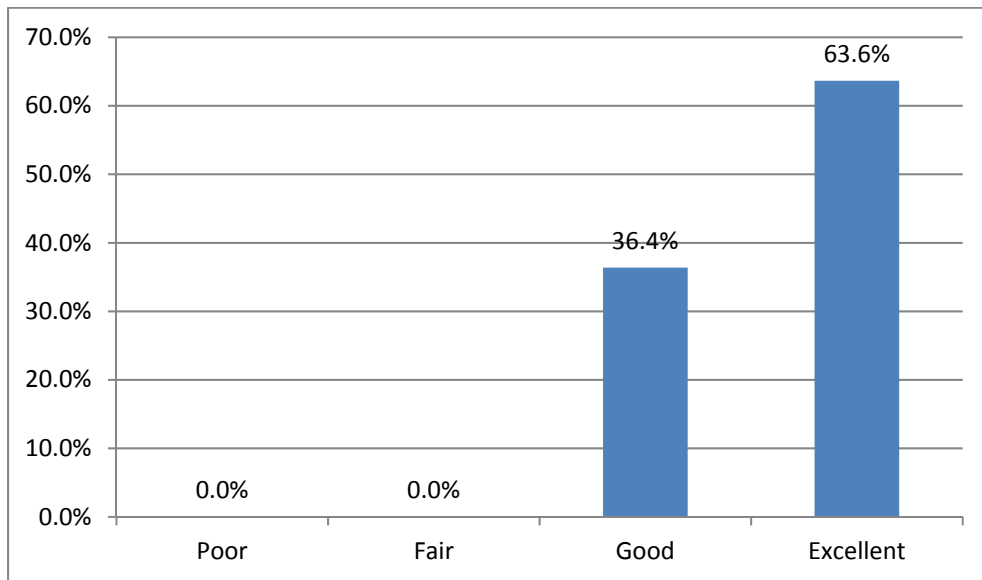
- All 12 participants responded

Responded well to questions



- 10 of the 12 participants responded

Facilitated interactions among participants



- 11 of the 12 participants responded

## **Comments (unedited)**

### How could this presentation be improved?

- Have people spread out more
- Have it in a warmer, more comfortable room. Add music?
- Have people spread out more
- Involve more people
- Room was cold; hard to visualize “warmth”
- Smaller environment

### Any other comments or suggestions?

- Great workshop
- Very relaxing
- Thank you for taking the time to “center” us and relieve the end-of-semester stress!