

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Really enjoyed the group activities
2. Very Informative & lighthearted.
3. video's.

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10'

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	✓
Breaking bad habits	
How to get motivated	✓
Overcoming procrastination	✓

Please hand or email your completed form to Martin Formato.

Really great session! Extremely helpful.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Everything
2. Engaged everyone - activity
3. _____

What could be improved?

1. Keep it the same.
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Skills of the presenter
2. Powerpoint presentation
3. Relatability + motivation of the presenter

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	<input checked="" type="checkbox"/>
Goal setting	<input checked="" type="checkbox"/>
Breaking bad habits	<input checked="" type="checkbox"/>
How to get motivated	<input checked="" type="checkbox"/>
Overcoming procrastination	<input checked="" type="checkbox"/>

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Very appropriate video clip (good job on the edit.)
2. Good interaction with audience + relaxed presentation style.
3. _____

What could be improved?

1. _____ Have you considered a
2. _____ follow session in 3-4 months?
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	✓
Breaking bad habits	
How to get motivated	✓
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. interesting, engaging, fun way of learning
2. NICE to know we're acknowledging
3. very well presented, explained the problem

What could be improved?

1. /
2. /
3. /

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	/
How to get motivated	/
Overcoming procrastination	/

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. WAYS TO RELIEVE STRESS
2. _____
3. _____

What could be improved?

1. ALL OK
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	✓
How to get motivated	
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Interactive
2. Informative
3. _____

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	✓
How to get motivated	✓
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Information
2. _____
3. _____

What could be improved?

1. None
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	<input checked="" type="checkbox"/>
Goal setting	<input type="checkbox"/>
Breaking bad habits	<input type="checkbox"/>
How to get motivated	<input type="checkbox"/>
Overcoming procrastination	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. GREAT HUMOUR
2. GOOD SUMMARY OF ISSUES
3. LIVELY, WELL PACED

What could be improved?

1. TAYLOR SWIFT? HOW ABOUT SOMEONE A LITTLE
LESS COMMERCIAL
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	
Overcoming procrastination	

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Feedback Form "7 Ways To Relieve Stress"

What did you like about the session? *and good humor*

1. The calm way it was delivered
2. Great reminder.
3. Entertaining

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Funny + enjoyable
2. stress categorising
3. _____

What could be improved?

1. nothing
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	✓
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. The presenter knew his subject.
2. lots of practical suggestions to relieve stress
3. Good handouts

What could be improved?

1. More Chocolates!
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Fun, light-hearted discussion of serious topic
2. Very valuable, pertinent for all, even if they don't admit it.
3. _____

What could be improved?

1. Maybe a bit too long on causes, rather than relieving.
2. Maybe a bit too serious to start - ease earlier w/ audience.
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	✓
How to get motivated	✓
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Great energy on an important subject.
2. _____
3. _____

What could be improved?

1. Delivery Company Wide
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	✓
Goal setting	✓
Breaking bad habits	✓
How to get motivated	✓
Overcoming procrastination	✓

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. level of info
2. video's (esp funny one)
3. _____

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	✓
Breaking bad habits	
How to get motivated	
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

It would be great to see workplace yoga.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Take more time to relax.
2. _____
3. _____

What could be improved?

1. Exercise
2. more breaks during the day
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Presentation
2. Involvement
3. Information - didn't shy away from workplace stress - which is an issue at WP overlooked.

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 10

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	✓
Breaking bad habits	✓
How to get motivated	✓
Overcoming procrastination	✓

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. The presenter had a good grasp of the subject
2. Very effective
3. Incredibly entertaining

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 9.5

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	✓
Goal setting	✓
Breaking bad habits	✓
How to get motivated	
Overcoming procrastination	✓✓

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. I learnt some good techniques I will apply.
2. Very clear and concise.
3. _____

What could be improved?

1. Nothing
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 9

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	✓
Goal setting	✓
Breaking bad habits	✓
How to get motivated	✓
Overcoming procrastination	✓

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Great ^{level of} detail & relevance
2. Great engagement/participation
3. Mix of info/video/personal involvement (story) made it engaging to everyone.
4. Fun & Funny.

What could be improved?

1. A reminder that this is Project Delivery Culture initiative, so they make the connection.
3. _____

How would you rate the session from 0 = low value to 10 = high value? 9

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	✓
Breaking bad habits	
How to get motivated	✓
Overcoming procrastination	
Emotional Intelligence	✓
How to increase happiness	✓

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Use of humor
2. Martin's passion for the subject
3. _____

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 9

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	✓
Overcoming procrastination	✓

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Interesting topic
2. Good fun
3. Stress relief

What could be improved?

1. Having a Full session (1hr?) going more into depth
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 9

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	✓
Goal setting	✓
Breaking bad habits	✓
How to get motivated	✓
Overcoming procrastination	✓

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Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Given the biological facts about stress
2. Provided info re causes & effects of stress - better understanding
3. Introduced ~~moves~~ moves & videos to participate

What could be improved?

1. It's awesome! Thanks!
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 9

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	✓
Goal setting	
Breaking bad habits	✓
How to get motivated	
Overcoming procrastination	✓

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Informative
2. Open hearted.
3. Honest

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 9

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	✓
Goal setting	✓
Breaking bad habits	✓
How to get motivated	✓
Overcoming procrastination	✓

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Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Interacti
2. Fun
3. Good tips

What could be improved?

1. N/A
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 9

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	✓
Goal setting	
Breaking bad habits	✓
How to get motivated	✓
Overcoming procrastination	

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Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. PEOPLE APPROACH.
2. SLIDES
3. _____

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 9

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	<input checked="" type="checkbox"/>
Goal setting	<input type="checkbox"/>
Breaking bad habits	<input type="checkbox"/>
How to get motivated	<input type="checkbox"/>
Overcoming procrastination	<input checked="" type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

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Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. The fact that it happened at all
2. The humour & general presentation method
3. The exploration of what stress is (biologically)

What could be improved?

1. A reminder of Life Line & that you can have 6 free counselling sessions per year through Medicare
2. More validation - that everyone feels stressed
3. _____

How would you rate the session from 0 = low value to 10 = high value? 9

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	✓
How to get motivated	✓
Overcoming procrastination	✓

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Engaging
2. Informative
3. _____

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 9

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	✓
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Martin Formato

From: [REDACTED]
Sent: Friday, 27 March 2015 2:21 PM
To: Martin Formato
Subject: 7 ways to relieve stress feedback form

I liked:

The casual, simple and open style it was presented.

The content made sense

I don't go much on standing up and dancing around – I can understand why you did it, but it's just not me.

What could be improved:

Not much, personally I don't go much on standing up and dancing around – I can understand why you did it, but it's just not me.

Rating: 8

Other topics:

All of them, I may not need the last one as I've forced myself to send this to you today and not next week or next month...

Well done Martin. I too was a budding engineer and used to take things apart. My issues was that I couldn't get them back together again.

Cheers,

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. The enthusiasm and authenticity of presenter
2. Engagement with audience - I
3. The information/content → recommendations are tangible -

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 8.

I was skeptical at first, but presenter turned that around ↩

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	✓
Goal setting	✓
Breaking bad habits	✓
How to get motivated	✓
Overcoming procrastination	✓
<u>Dealing with conflicts in workplace -</u>	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Light hearted ness
2. Useful hints
3. How it related to Work Place

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 8

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	✓
How to get motivated	
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Good presentation.
2. Mix of slides and interaction.
3. _____

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 8

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	✓
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Humour - inclusion of videos.
2. Good level of pitching presentation.
3. _____

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 8

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	✓
How to get motivated	
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Relaxed
2. Humorous
3. _____

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 8

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. RELAXED PRESENTATION ABOUT A POTENTIAL DEADLY SUBJECT
2. VARIETY OF SLIDES / SHORT CLIPS / ETC.
3. CHOCOLATE!

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 8

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Presenter's easy going style
2. Logical progression of presentation
3. Made fun :)

What could be improved?

1. _____
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 8

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	<input checked="" type="checkbox"/>
Goal setting	<input checked="" type="checkbox"/>
Breaking bad habits	<input checked="" type="checkbox"/>
How to get motivated	<input checked="" type="checkbox"/>
Overcoming procrastination	<input checked="" type="checkbox"/>

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. It was applicable to me
2. Very informative
3. _____

What could be improved?

1. Very little
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 7

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	✓
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. All of it, or most of it.
2. _____
3. _____

What could be improved?

1. DON'T GUILT PEOPLE INTO UNSUCCESSFUL BECAUSE
2. THEY'RE NOT PREPARED TO LOOK "SILLY"
3. _____

How would you rate the session from 0 = low value to 10 = high value? 7

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	
How to get motivated	
Overcoming procrastination	

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Relevant information
2. interactive
3. useful.

What could be improved?

1. N/A - Spot on! energetic presenter with
2. useful & relevant tools, information.
3. Thank you! 😊

How would you rate the session from 0 = low value to 10 = high value? _____

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	✓
Breaking bad habits	✓
How to get motivated	
Overcoming procrastination	
<u>managing change</u>	✓

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. informative
2. engaging
3. _____

What could be improved?

1. activities I can do at desk
2. what I can do in team
3. _____

How would you rate the session from 0 = low value to 10 = high value? _____

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	✓
How to get motivated	
Overcoming procrastination	✓

Please hand or email your completed form to Martin Formato.

Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Well presented
2. Not a passive session - involves participants
3. Good relevant topic

What could be improved?

1. Initial focus on too much on figures/facts - This can be boxed out
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? _____

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	
Goal setting	
Breaking bad habits	✓
How to get motivated	
Overcoming procrastination	

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Feedback Form "7 Ways To Relieve Stress"

What did you like about the session?

1. Causes of Stress
2. How to address them
3. How to identify that you stressed

What could be improved?

1. NB
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? _____

What other topics interest you (or add your own suggestion below)?

Topic	Tick
Time management	8
Goal setting	9
Breaking bad habits	9
How to get motivated	8
Overcoming procrastination	10

Please hand or email your completed form to Martin Formato.

Martin Formato

From: [REDACTED]
Sent: Friday, 27 March 2015 3:12 PM
To: Martin Formato
Subject: Feedback 7 Ways to Relieve Stress

Hi Martin

I attended your session this afternoon and wanted to say thank you for an enjoyable and entertaining time. I have an interest in presenting and your skills in this area are impressive. So back to the feedback form, I'd be interested to attend a presenting skills session. Another topic that I am interested in at the moment is creating good habits (to overcome bad ones like procrastination).

Thanks for making me smile (and dance around like an idiot!).

Regards

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]



Martin Formato

From: [REDACTED]
Sent: Friday, 27 March 2015 4:07 PM
To: Martin Formato
Subject: Presentation on Relief from Stress - 27/03/2015

Hi Martin,

Thanks for your presentation today on what is a condition that many people ignore or are not aware they are suffering from.

Having been through a number of tough periods in my life in the past on a personal front, one thing that really helped me to overcome the stress and states of depression that were associated with those situations was meditation. I'm glad you touched on this in your presentation, even though briefly. In addition to meditation, it's the understanding that nothing is permanent; may it be bad times, good times, happiness, sadness, beauty, wealth and of course at the end of it all, life. Come to peace (by changing, removing or accepting) with your situations and people you are up against, forgive yourself and reduce your expectations (one other main cause of stress) and focus on what you can control (you did touch on this). Practice loving kindness, give with the expectation of nothing back in return.

If anyone is interested, there is an institution that provides free guided meditation every Friday and Saturday. This is located in Nollamara and more information can be found via the link below. The calendar on the site gives the timings and dates of the meditation sessions.

<http://www.dhammaloka.org.au/>

<http://www.dhammaloka.org.au/calendar.html>

Hope these help.

Thanks and regards,

[REDACTED]

