

Feedback Form "Motivating Change"

What did you like about the session?

1. explained so I understood
2. made it easier to set goals
3. I understood why I get put off my goals easy.

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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| goal setting | |
| key to succes | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. I liked the way that the session is different to others
2. This session was detailed
3. The session had changed my perspective

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 |
|--|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| <u>Change perspectives of everything</u> | ✓ |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. The Honesty
2. Belief ideas
3. We have the power

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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

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Feedback Form "Motivating Change"

What did you like about the session?

1. Inspirational
2. informative
3. Helpful

What could be improved?

1. Nothing I really enjoyed it
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| <u>Be Happier</u> | <input checked="" type="checkbox"/> |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Educating
2. Motivating
3. Clearly Presented

What could be improved?

1. More Interaction (Exercises)
2. Go more in depth
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| Goal Setting | ✓ |
| Pushing Myself | ✓ |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Very motivating
2. Enticing
3. Funny at times

What could be improved?

1. Seems like you're just ~~advertising~~ advertising
2. Very cliché
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| <u>Conquering Women</u> | <input checked="" type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |

Feedback Form "Motivating Change"

What did you like about the session?

1. Important information
2. Helps drive your passion to success
3. _____

What could be improved?

1. Needs to be more entertaining
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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. How to set goals
2. Changing yourselves
3. Techniques to change

What could be improved?

1. I don't think there was much wrong
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| <u>Changing mindset</u> | <input checked="" type="checkbox"/> |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Comedy
2. ~~Person~~ Excessive activity
3. Motivation to succeed

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 |
|-----------------------------------|-------------------------------------|
| Stress Management | |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| <u>Setting Goals</u> | <input checked="" type="checkbox"/> |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. The clear way it was presented
2. Educating
3. motivating

What could be improved?

1. more interaction
2. more chocolate bars
3. slow it down a bit

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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. It was very involving and kept me focussed.
2. Learned many new things.
3. Was funny

What could be improved?

1. Nothing that I could name at the moment
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. The life lessons he taught us how to be successful
2. Gave us a plan/way for us to follow
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. The information was specific
2. The inspirational speeches
3. The steps on how to do things

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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | ✓ |
| Goal setting | ✓ |
| Key to success | ✓ |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Very motivating
2. Very realistic
3. very inclusive

What could be improved?

1. More vids maybe
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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| <u>Sporting mindset training</u> | ✓ |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. The Slideshow
2. videos
3. Speaker

What could be improved?

1. Move chocolates
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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. learnt things
2. how thin knew way
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Oliver White

Feedback Form "Motivating Change"

What did you like about the session?

1. discover that it is about the mindset
2. Helped me discover that I can accomplish anything
3. _____

What could be improved?

1. My mindset
2. Setting goals
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
| | |
| | |

Feedback Form “Motivating Change”

What did you like about the session?

1. Information
2. Interaction with students
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Informative
2. Cool
3. Fun

What could be improved?

1. If we had more time,
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Dealing with things
2. Setting goals
3. _____

What could be improved?

1. ~~None~~ I loved it all
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Informative
2. helps me in the future
3. real life tips that work

What could be improved?

1. More videos
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |

Feedback Form "Motivating Change"

What did you like about the session?

1. Motivating
2. In depth
3. Slideshow

What could be improved?

1. Chocolates distracting
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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Learning the steps to what you want
2. The belief activity in the reach
3. Real life ~~tips~~ tips.

What could be improved?

1. Motivation speeches
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. I was a bit confused on how to change *desire*
2. I learnt that it doesn't come easy
3. I learnt you need commitment

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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. What we were taught applies to everyone
2. It was enjoyable
3. I learnt how I can make changes

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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. How it was presented
2. The talk / inspirational
3. examples and interactive activities

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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Relatable
2. Makes sense
3. Motivating

What could be improved?

1. examples of people who worked
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Had alot of info
2. videos
3. _____

What could be improved?

1. A bit more interesting
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Motivating
2. _____
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. It was casual
2. Martin was a good bloke
3. his ideas were unique

What could be improved?

1. _____
2. _____
3. more chocolate

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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. How About what we learnt
2. How to become successful
3. What is needed to become successful

What could be improved?

1. ~~Not~~ Not needed to be improved
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 |
|------------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| <u>Suggestions on life choices</u> | ✓ |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. learning how to set goals
2. How to achieve my goals
3. Fun

What could be improved?

1. More videos
2. A bit more interactive
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form “Motivating Change”

What did you like about the session?

1. Goal setting
2. The positive outcomes
3. _____

What could be improved?

1. the role
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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
| | |
| | |

Feedback Form “Motivating Change”

What did you like about the session?

1. Interaction
2. _____
3. _____

What could be improved?

1. More slides
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Very Motivating
2. _____
3. _____

What could be improved?

1. more chocolate
2. more interaction
3. less slideshow

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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. The interaction with the audience.
2. Informative
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. -Good analogies
2. -Still entertaining
3. -I liked comfort zone/danger analogy

What could be improved?

1. _____
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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Liked the humor incorporated
2. The chocolate bars enticed the audience
3. The format of how you accomplish goals

What could be improved?

1. Some times you have to get to the point faster cuz some boys tune 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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Interactive
2. chocolates (even though I didn't get any !!)
3. Videos

What could be improved?

1. move choco's givin out
2. more video's
3. that's it

How would you rate the session from 0 = low value to 10 = high value? 7.5

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

| Topic | Tick |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| <u>Fortnite topic</u> | <input checked="" type="checkbox"/> |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. The hands on activities
2. Interactive with a reward system for self improve-
3. -ment During the session.

What could be improved?

1. A bit stale after some time
2. More emotion speaking.
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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Audience Interaction + activities
2. Making sense of self-improvement
3. _____

What could be improved?

1. _____
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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Motivation
2. educating
3. clear instructions

What could be improved?

1. _____
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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
| | |
| | |



Feedback Form "Motivating Change"

What did you like about the session?

- 1. Motivation
- 2. Belief
- 3. _____

What could be improved?

- 1. Thinking out loud
- 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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
| | |
| | |

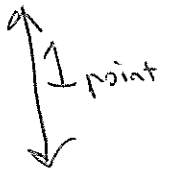
Feedback Form "Motivating Change"

What did you like about the session?

1. Good points
2. Still Entertaining
3. _____

What could be improved?

1. Show a different perspective your points, knowledge and
2. information ~~was~~ wasn't unique but cliché. Tell us something
3. we won't hear any where else



How would you rate the session from 0 = low value to 10 = high value? ~~0~~ 5

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

| Topic | Tick |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Motivating words
2. Very inclusive
3. _____

What could be improved?

1. nothing
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 |
|-----------------------------------|------|
| Stress Management | / |
| Meaningful Work (Career Planning) | / |
| Breaking Bad Habits | / |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Information
2. Interactiveness
3. engagement with the students.

What could be improved?

1. Nothing - It ~~was~~ ^{was} all good.
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. motivating words
2. increased confidence
3. very inclusive

What could be improved?

1. Maybe ask more questions
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |

Feedback Form "Motivating Change"

What did you like about the session?

1. I learn a lot from it
2. I enjoyed the content in the Power Point
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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. How I can challenge myself more
2. That I should move out of my comfort zone
3. That I should have doubts myself

What could be improved?

1. To try new things
2. To be more self than what I see
3. and to improve my well-being

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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. The engaging with the audience
2. The AI practice speech
3. 7 steps to get what you want

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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. taught me how to change mindset
2. show how i can get to my set goals.
3. it was inspiring.

What could be improved?

1. take go more in depth
2. _____
3. _____

How would you rate the session from 0 = low value to 10 = high value? 7.5

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

| Topic | Tick |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |

Feedback Form "Motivating Change"

What did you like about the session?

1. The pacing was excellent
2. Many good lessons
3. Great acronyms for plans

What could be improved?

1. Not much, maybe better designed ~~more~~ visuals?
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. The Al Pacino Speech
2. 7 Steps to being Successful
3. Pain = Friend Comfort Zone = Danger Zone

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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. the way it was delivered
2. fairly interactive
3. everything was good

What could be improved?

1. more interactive
2. more choedake
3. less talking

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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. Integrating
2. Interesting
3. Informative and helpful

What could be improved?

1. More Audience involvement
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |

Feedback Form "Motivating Change"

What did you like about the session?

1. how it told us about success
2. teaching us about ~~be~~lives believing
3. _____

What could be improved?

1. I couldn't hear it, it he had an mic &
2. # and walked around
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. He was funny and engaging
2. Got us involved
3. _____

What could be improved?

1. Became a bit boring overtime
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. About the motivational speech
2. Thinking about my future
3. _____

What could be improved?

1. less talking
2. More interactions
3. work harder

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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | ✓ |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. very motivating
2. liked how you showed us examples
3. _____

What could be improved?

1. More clips to support what you said
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| <u>learning to overcome fears</u> | <input checked="" type="checkbox"/> |
| <u>controlling anger/sadness</u> | <input checked="" type="checkbox"/> |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Points & run clockwise
2. Insp/has some videos/quotes
3. Free 5-day challenge

What could be improved?

1. Too fast to copy notes
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. It was funny
2. Intriguing
3. Informative / helpful

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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. It was casual
2. Rated him as a guy
3. Right approach

What could be improved?

1. More chocolate
2. Videos
3. _____

How would you rate the session from 0 = low value to 10 = high value? 6

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

| Topic | Tick |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ~ |
| Breaking Bad Habits | ✓ |
| | |
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Feedback Form “Motivating Change”

What did you like about the session?

1. Informing
2. Helpful
3. _____

What could be improved?

1. More chocolates
2. Bit more information
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input checked="" type="checkbox"/> |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. The planning
2. The steps to goals
3. _____

What could be improved?

1. More chocolates
2. More videos
3. Interactive stuff

How would you rate the session from 0 = low value to 10 = high value? 7.5

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

| Topic | Tick |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. I now know how to set proper goals
2. It was very interesting
3. how I was told to be successful

What could be improved?

1. ~~My own thing~~
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. _____
2. _____
3. _____

What could be improved?

1. Setting goals
2. imagining success
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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. Setting goals
2. Why set these goals
3. 7 steps to get what I want

What could be improved?

1. Imagining success
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 |
|-----------------------------------|------|
| Stress Management | |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. How Mr Formato was able to get his message across
2. _____
3. _____

What could be improved?

1. More interactive
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 |
|-----------------------------------|-------------------------------------|
| Stress Management | <input checked="" type="checkbox"/> |
| Meaningful Work (Career Planning) | <input checked="" type="checkbox"/> |
| Breaking Bad Habits | <input type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |
| | <input type="checkbox"/> |

Feedback Form "Motivating Change"

What did you like about the session?

1. how to set smart goals
2. 7 steps to success
3. Danger Zone

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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | |
| Breaking Bad Habits | |
| | |
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Feedback Form "Motivating Change"

What did you like about the session?

1. Learnt alot
2. Lots of videos
3. _____

What could be improved?

1. More tips
2. Boring
3. _____

How would you rate the session from 0 = low value to 10 = high value? 6

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

| Topic | Tick |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| <u>Weight loss</u> | ✓ |
| | |
| | |

Feedback Form "Motivating Change"

What did you like about the session?

1. The power point
2. the videos
3. The talk

What could be improved?

1. ~~get out~~ ~~get out~~
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 |
|-----------------------------------|------|
| Stress Management | ✓ |
| Meaningful Work (Career Planning) | ✓ |
| Breaking Bad Habits | ✓ |
| | |
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| | |