Self, Family & Team:
Evaluation of Workshops

Name (Optional) _____

1. What part of the sessions did you find most helpful and enjoyable? Why?

2. What part of the session did you find the least helpful or you did not understand? Explain.

3. Do you feel differently about yourself because of the training, or have you done anything different because of the training? If so, explain.

4. Did the training meet your expectations? If not, please explain.

5. Comments and/or questions?

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