

FEEDBACK FORM

Session: Sailing Through Stress - Unit 73 Nurses Rockyview Hospital Date: March 25, 2004

1. This session was **valuable**: (NO Disagree) **1 -2 -3 -4 -5** (YES Agree)
2. Three words/phrases best describing what I learnt today: _____
_____, _____.
3. Additional Comments re Taron's presentation style:

(write on back)

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Presented for Rockyview Hospital - Unit #73 Nurses "Appreciation" Event

Session Title: Sailing through Stress – Energy Management for the Health Professional

Date/Time: Thursday, March 25, 2004 7:30 p.m.

Attendance: 28 nurses –28 forms completed – 0 Incomplete

Average rating: 4.18 out of 5 **Percentage:** 84% (Original forms available upon request)

Written Comments:

Taron's style is very upbeat and positive;
Thanks for reminding me of what I already know and again awakening my desire to speak – do what you do!
Good Humor and entertaining.
Entertaining. Positive – especially when faced with skeptics.
Helpful, calming, energizing. Taron's style is 'terrific'.
Taron's style is warm and relaxed.
Fun, interesting and useful. Taron's style is relaxing and fun.
I learnt how important it is to think positive thoughts for keeping energy.
A little too long. Interesting and helpful.
Easy to listen to.
Believe in your own power and self. Taron's style is easy and smooth.
Inspirational, practical and spiritual. Taron's style connected to the audience.
Taron's style was 'very lively'.
Taron was very interesting and knowledgeable. Loved it!
Taron's style is a 'relaxed way to learn how to defeat stress'.

AND THAT'S ALL FOLKS - FOR NOW!!