

What did you like most about this training?

Responses
Awareness of what you already know but put it off for various reasons
Breathing exercise
Breathing techniques and 5 sense check up!
COVERED A LOT OF AREAS REGARDING STRESS
Different perspectives
EVERYTHING!!!! The instructor was very knowledgeable, professional, provided great tools to manage stress!!!
Given the duration of the session it was a good introduction to the concepts. The worksheet will help in the practice of the coping exercises.
good reminders of how to keep stress levels
got a little understanding of myself and points that I need to work on.
How great the presenter was.
How it made you self evaluate
How she explained the different types of stress and how to manage it.
How to stay calm, relax
I like that it was interactive. We got to participate. I left the training remembering a few key things. I liked that the instructor made sure we all felt comfortable with the topic before proceeding. I also enjoyed the free food! :)
I liked the personality of the presenter. She was very approachable and seemed very knowledgeable. She created a "safe-place" for discussion and her slides were very informative!
I liked the speaker. She communicated thoughts very nicely.
I really enjoyed learning of the different types of Anxiety; and the breathing techniques you can use when feeling anxious.
information on different levels, and good examples
Informative.
Interaction, engaged audience, trainer was very knowledgeable.
It talked about mental health and its a very stigmatized thing in the US. So I appreciated it. Also it made you realize some of the simple things you just dont think do do everyday.
It taught me to take more breathers and breaks for myself to eliminate some stress
It was interesting and relevant
it was personable...very informative and a relaxed atmosphere.
Need more classes like this.
New tricks to practice during work

openness to be yourself
Presenter was tuned into her audience and was well prepared.
The breathing excersises
The fact that we took time to focus on a topic that everyone knows is important, but often doesn't make time to reflect on it. By putting it on the calendar, it forces you to engage on the topic...which was great!
The interactive conversation with presenter and the information that was provided. .
The interactive nature of this training made it fun & easy to absorb the content.
The personal reflection
The presenter was very well prepared not only for the presentation, but for any and all questions asked.
The stress release exercises
The training touched on all aspects of stress and how to manage it.
The training was very engaging and laid back
The training was very informative I learned a few new things about Stress management.
There were a couple of techniques I will use in the future.
very informative
Very useful