



GOVERNOR'S INDUSTRIAL SAFETY & HEALTH CONFERENCE - OCTOBER 7 & 8, 2009

Session: Rejuvenate With Deep Relaxation

Speaker(s): Patricia Bartley Number of Evals: 14

	Average Bad) 1 - 2 - 3 - 4 - 5 (Good
1. This session was well designed (e.g. pacing, Q A time)	4.2
2. I got information from this session I can use immediately in my job.	4.4
3. The speaker used good presentation skills.	4.0
4. The speaker appropriately involved participants.	4.4
5. This session met my expectations	4.3
6. Did you like the topic?	4.4

What did you like best about this presentation?

- Thank you
- Room to relax, good instruction.
- Smiley face
- It really worked! I was very relaxed!
- Interaction
- It was very relaxing
- Just that there was focus on such an important, essential component of wellness.
- Participation
- How relaxed I felt after!

What constructive changes would you suggest to make the presentation more effective?

- !Quieter room - hard to control, I know.
- !Check the room for lighting and temperature before beginning.
- !People would benefit from deep breathing instruction at start.

Suggested Topics for next year:

Other Comments: