WORKSHOP EVALUATION

Workshop Title: STRESS MANAGEMENT WORKSHOP  Date: 11-19-09

Please mark the response that best describes your opinion of today's workshop.

<table>
<thead>
<tr>
<th></th>
<th>Excellent</th>
<th>Very Good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>How would you rate the workshop overall?</td>
<td>63% (10)</td>
<td>13% (2)</td>
<td>19% (3)</td>
<td>6% (1)</td>
<td>--</td>
</tr>
<tr>
<td>Comments:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How would you rate the workshop's usefulness?</td>
<td>56% (9)</td>
<td>25% (4)</td>
<td>13% (2)</td>
<td>6% (1)</td>
<td>--</td>
</tr>
<tr>
<td>Comments:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How would you rate the strategies presented at the workshop?</td>
<td>63% (10)</td>
<td>13% (2)</td>
<td>19% (3)</td>
<td>6% (1)</td>
<td>--</td>
</tr>
<tr>
<td>Comments:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What are the most useful ideas, tips, or techniques you will take from today's workshop?

- Deep breathing & keep trying!
- Relaxing your mind.
- Breathe deeply on occasion to release stress! Think positively, you will live longer!
- Videos
- Management tips.
- SMART 3 - to do list.
- Slow down!
- Take baby steps -- START
- Plan of action
- To slow down and take the time to enjoy the “little” things in life.

How will you use what you’ve learned in today’s workshop?

- Continue w/ a positive stance.
- I will practice a positive attitude! Thank you Carlos! Great job!
- Guided imagery practice.
- Keeping lists are a good thing!
- Taking some time (in the car) to lower stress by breathing!
- I’ll use it now.
- Deep breathing techniques
- I will try to put it in practice.