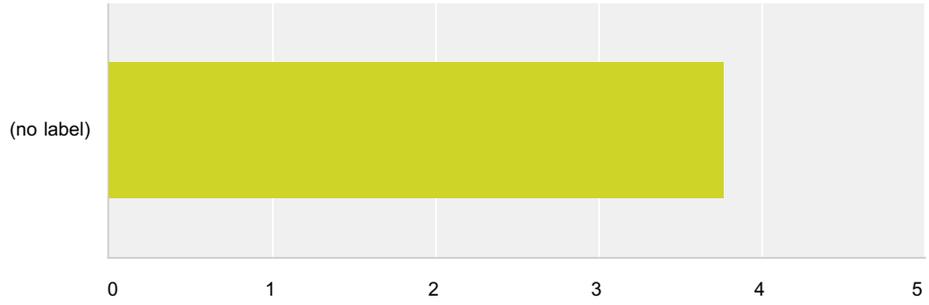


**Q1 Overall, I found the Leadership Training sessions informative and useful for developing my skill set.**

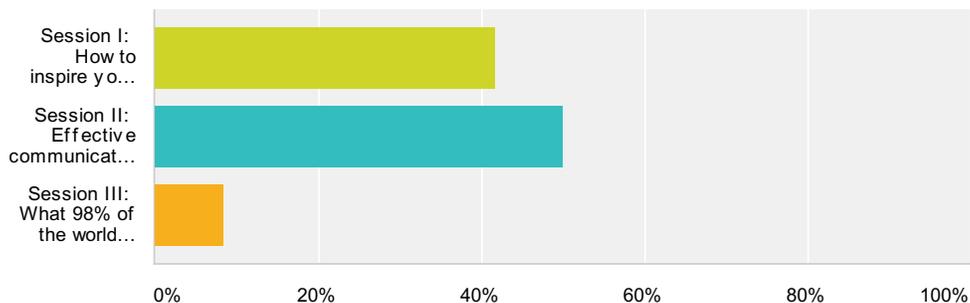
Answered: 13 Skipped: 1



	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Total	Average Rating
(no label)	0% 0	0% 0	30.77% 4	61.54% 8	7.69% 1	13	3.77

## Q2 Which of the three sessions did you find to be the most beneficial to strengthening your leadership skills?

Answered: 12 Skipped: 2

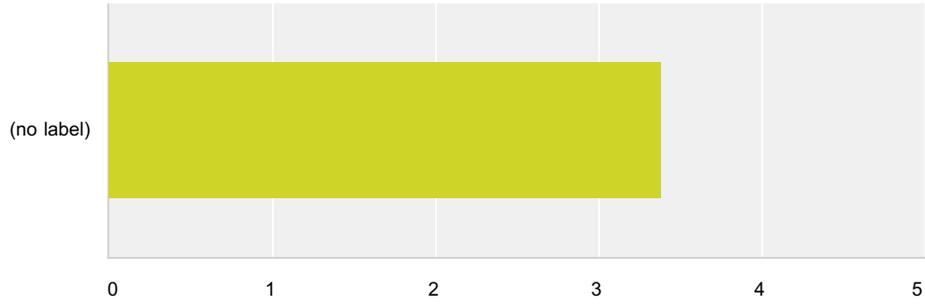


Answer Choices	Responses
<b>Session I: How to inspire your co-workers to live a healthier life using the science of habits</b>	41.67% 5
<b>Session II: Effective communication approaches to engage my co-workers</b>	50% 6
<b>Session III: What 98% of the world population says makes up a life well-lived</b>	8.33% 1
<b>Total</b>	12

#	Comments	Date
1	I thought Session III was the most interesting and fascinating, but overall the effective communication piece is probably the piece that was most beneficial w/ leadership.	7/3/2013 11:00 AM
2	unfortunately I was interrupted during the last session and was unable to listen in to session III in full.	7/2/2013 1:02 PM
3	I was only able to attend the first session	7/2/2013 12:26 PM
4	i was unable to attend the others	7/2/2013 11:00 AM
5	I enjoyed the statistics, which can be shared via our newsletter, which helps to cover the first two sessions' topics of inspiring and communicating with co-workers.	7/2/2013 10:42 AM

**Q3 The Leadership Training sessions have helped me to become a more effective wellness mentor for my co-workers.**

Answered: 13 Skipped: 1



	Strongly Disagree	Disagree	Neutral	Agree	Stongly Agree	Total	Average Rating
(no label)	0% 0	7.69% 1	46.15% 6	46.15% 6	0% 0	13	3.38

**Q4 Please share any suggestions you have for improving the Leadership Training series:**

Answered: 14 Skipped: 0

#	Responses	Date
1	Might take more than 3 sessions.	7/9/2013 1:38 PM
2	none	7/8/2013 9:42 AM
3	I LOVED that Jack gave us the option of taking an assessment for the last one. It helped to be able to do things more hands on activities. I was more engaged in that session b/c of the hands on activity	7/3/2013 11:00 AM
4	It's difficult for me to make the Thursday meetings because I have to teach - would appreciate considering a different time.	7/3/2013 8:42 AM
5	Time of training--For whatever reason, I was not able to participate in any of the training series due to the time it was offered.	7/3/2013 8:34 AM
6	none	7/2/2013 1:02 PM
7	none	7/2/2013 12:41 PM
8	Love having the leadership topics. Am open to any future topics.	7/2/2013 12:26 PM
9	Maybe longer sessions as they felt a little rushed.	7/2/2013 11:59 AM
10	None	7/2/2013 11:13 AM
11	Wider range of topics	7/2/2013 11:01 AM
12	different time / i am part of the BPR and unable to attend most of the sessions	7/2/2013 11:00 AM
13	How to focus on building your own strenghts so that you can be a stronger leader for others	7/2/2013 10:42 AM
14	Provide flyers which we can share by inclusion in agency newsletters, bulletin boards, and occasionally by e-mail.	7/2/2013 10:42 AM

**Q5 What ideas do you have for future training topics that would help you succeed as a leader and a Wellness Champion?**

Answered: 14 Skipped: 0

#	Responses	Date
1	Effectively coordinating large groups wellness programs	7/9/2013 1:38 PM
2	none	7/8/2013 9:42 AM
3	I would like to see more emphasis on other dimensions/components of wellness. I felt it was pretty heavy on the typical wellness factors. Again, I think having more hands-on activities would be useful. Giving us the tools to be able to implement a successful wellness program.	7/3/2013 11:00 AM
4	More information about vegetarian & vegan health benefits.	7/3/2013 8:42 AM
5	Ideas for smaller entities. A lot of what is offered is based on state employees.	7/3/2013 8:34 AM
6	none	7/2/2013 1:02 PM
7	none	7/2/2013 12:41 PM
8	Would love to see information on HIPPA and how it relates to encouraging wellness without violating privacy	7/2/2013 12:26 PM
9	More on communication.	7/2/2013 11:59 AM
10	None	7/2/2013 11:13 AM
11	I would like to see more information on wellness activities that are easily shared in a very restrictive workplace	7/2/2013 11:01 AM
12	none at this time	7/2/2013 11:00 AM
13	Ideas for facility wellness programs and how to set them up	7/2/2013 10:42 AM
14	Ideas for wellness-related short-term activities, including how to develop, plan, and execute them successfully.	7/2/2013 10:42 AM