Please check the # which best indicates your level of agreement with the following statements.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| #1 | #2 | #3 | #4 | N/A |
| Strongly Disagree | Disagree | Agree | Strongly Agree |  |

|  |  |
| --- | --- |
| This workshop helped me to understand apologies. |  |
| This workshop helped me understand when an apology is necessary. |  |
| This workshop helped learn strategies for seeking and offering an apology. |  |
| This workshop has helped me to learn the basics about jumping to conclusions. |  |
| This workshop has helped me to learn the basics of “I” Statements. |  |
| This workshop has helped me to learn the basics of Diffusing Conflict. |  |
| This workshop has helped me to learn the basics of Listening. |  |
| This workshop has helped me to learn the basics of Empathy. |  |
| This workshop has helped me to learn the basics of Managing Expectations. |  |
| This workshop has helped me to learn the basics of Forgiveness. |  |
| The exercises and activities were effective in demonstrating the ideas presented. |  |
| The workshop provided me with useful tools that I can use in my life. |  |

1. What was your reason for attending this workshop?

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1. Do you have any suggestions for changes to the workshop?

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1. Suggestions for future topics?

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1. Other Comments?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Thank you for taking the time to complete this evaluation- your feedback is important to us and will be incorporated in building future workshops.

Please email completed feedback forms to: **(insert facilitating organization email address here)**