

FEEDBACK FORM
Positive Emotional Habits: Building Resilience
 John Preston Psy.D

Objectives: The program better enabled me to describe:

	<u>Strongly Agree</u>			<u>Strongly Disagree</u>		
• How genetic, in-utero and early life experiences carve resiliency into the brain	5	4	3	2	1	4.3
• The role of neuroplasticity and epigenetics	5	4	3	2	1	4.7
• How to stabilize and maximize brain functioning	5	4	3	2	1	4.4
• High-yield intervention strategies that significantly improve affect regulation	5	4	3	2	1	4.7
• Psychotherapy techniques that facilitate neuroplasticity	5	4	3	2	1	4.5
• How to implement research-supported lifestyle changes that contribute to a greater sense of well-being	5	4	3	2	1	4.7

	<u>Strongly Agree</u>			<u>Strongly Disagree</u>		
1. The speaker was effective in presenting this program	5	4	3	2	1	4.8
2. The speaker was responsive to the participants	5	4	3	2	1	4.5
3. The handouts were suitable and useful	5	4	3	2	1	4.7
4. The speaker used technology effectively	5	4	3	2	1	4.5
5. The speaker was knowledgeable regarding the material	5	4	3	2	1	4.9
6. This program was appropriate to your level of education & experience	5	4	3	2	1	4.9
7. The information the speaker presented was current	5	4	3	2	1	4.8
8. Comments regarding the speaker's quality of instruction and teaching ability:						

	<u>Strongly Agree</u>			<u>Strongly Disagree</u>		
9. BEFORE the program began, I anticipated the program would be very useful	5	4	3	2	1	4.0
10. NOW that the program is over, I found the program to be very useful	5	4	3	2	1	4.8

Additional Overall Comments, Criticisms, Compliments and Suggestions (What can we do to improve our programs?)

Reviews about the Program

“Very knowledgeable and nice style of presentation.”

“just right amount of detail and research yet clear”

“Excellent useful training.

Reviews about the Speaker

“Dr. Preston was enormously knowledgeable, helpful and informative. His presentation skills are excellent.”

“Dr. Preston is highly gifted and knowledgeable.

“Easy to understand and his visuals were excellent”

“He continues to deliver an excellent seminar.”

“Dr. Preston is a very effective teacher. His need to sit down made it seem a little harder to concentrate as there was little movement. However, I totally understood and enjoyed the content.”

“Dr. Preston is clearly a gifted helper and teacher”