

Dr. Wendy Hurwitz

Evaluation

Please rate your experience about this class with the following:

Circle one: (1) =very poor (2) =poor (3) =Neutral (4) =Good (5) =Excellent

1. Was the information provided interesting?	1	2	3	4	5
2. Was the information provided helpful?	1	2	3	4	5
3. Was the material presented in an easy-to understand format?	1	2	3	4	5
4. Will you find the information from this class to be useful in the future?	1	2	3	4	5
5. Do you feel the presenter was knowledgeable about the topic?	1	2	3	4	5
6. Did the presenter give opportunity for participation/questions?	1	2	3	4	5

COMMENTS:

1. Name (optional) _____ Town (optional) _____

How did you find out about this class: _____

2. What did you like best about this class? What did you find the most helpful?

3. What did you like least about this class? _____

4. Do you have any suggestions to improve this presentation? _____

5. Suggested topics for classes/I would like to learn more about (see back of this page and circle, can add more here): _____

6. Any additional comments: _____

Thank you for your feedback.

Some Possible Topics:

- 1) 10 Tips to Manage Stress**
- 2) Stress and Disease**
- 3) 12 Tips to Manage Anxiety**
- 4) Tips for Managing These Challenging Times**
- 5) Memory Tips**
- 6) Sleep Tips**
- 7) Tips to Optimize Brain Health**
- 8) Tips to Optimize Vitality (or Tips to Promote, Protect, and Restore Vitality)**
- 9) Tips for Managing Weight: Optimizing Your Brain's Response to Food**
- 10) 12 Drug-Free Approaches to Manage Pain**
- 11) Tips For Increasing Happiness: Raising Your Happiness Setpoint**
- 12) Tips for Flourishing**
- 13) Tips for Navigating Grief**
- 14) Tips for Managing Loneliness**
- 15) Tips for Managing Uncertainty**
- 16) Tips for Managing Change**
- 17) Explorations in Energy and Intuition**
- 18) Three Different Approaches to Meditation**
- 19) Recognizing Red, Yellow, and Green Flags in Relationships**
- 20) How to Use Your Mind to Enhance Your Mood**
- 21) Ways to Use Imagination and Story to Enhance Well-Being**
- 22) How to Use Your Mind to Enhance Your Health**
- 23) How to Use Your Energy to Help Yourself, Others, and the World**
- 24) How to Use Your Energy to Promote Peace and Nonviolence in the World**
- 25) Approaches to Conflict and Conflict Resolution**
- 26) Exploring Nonviolence**

Other: _____

