| 1. The session met m                      | ny expectati<br>🛚 Agree |                            | <b>□</b> Disagree | ☐ Strongly Disagree                   |
|---|-------------------------|----------------------------|-------------------|---------------------------------------|
| 2. The session conter<br>Strongly Agree   |                         | opriate and i<br>🔾 Neither | nformative:       | ☐ Strongly Disagree                   |
| 3. How likely are you<br>□ Strongly Agree |                         | nt you learne<br>Neither   |                   | n the next 6 months?                  |
| 4. In what way(s) will SWMC W             |                         |                            |                   | d in this session?                    |
|   |                         |                            |                   | · · · · · · · · · · · · · · · · · · · |
| 5. What was the mos                       | it valuable a           | spect of this              | session?          |                                       |
| 6. What was the leas                      |                         |                            | session?          |                                       |
| 7. Would you be inter                     |                         | ending a lon               | ger workshop      | on this topic?                        |
| lf yes, list na                           | ime and em              | ail for more i             | information:      |                                       |
| 8. Comments or sugge<br>(Additional Comme |                         | estions can b              | e written on t    | he back of this form.)                |
|   |                         |                            |                   |                                       |
| Please place the com                      | pleted evalu            | uation sheet               | in the box, a     | it the back of the room.              |

### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. 7 | The session met my<br>Strongly Agree | ∕ expectatic<br><b>¼</b> Agree | ons:<br>U Neither         | 다 Disagree                  | ☐ Strongly Disagree                         |
|------|--------------------------------------|--------------------------------|---------------------------|-----------------------------|---|
| 2. 7 | he session content  Strongly Agree   | t was appro                    | priate and i<br>⊔ Neither | nformative:<br>입 Disagree   | ☐ Strongly Disagree                         |
| 3. I | How likely are you  Maree            | to use wha                     | t you learne<br>U Neither | d today withi<br>👊 Disagree | n the next 6 months?<br>⊔ Strongly Disagree |
| 4. I | n what way(s) will<br>USL 战          |                                |                           |                             | l in this session?<br>and at work           |
|      | What was the most ways it            |                                |                           |                             | icks on us                                  |
|      | What was the least                   |                                |                           | session?                    |   |
|      |                                      |                                |                           |                             |   |
| 7. V | lould you be intere<br>≟i Yes 📜 No   |                                | ending a lon              | ger workshop                | on this topic?                              |
|      | lf yes, list nar                     | ne and ema                     | ail for more              | information:                |   |
|      |                                      |                                |                           |                             |   |
|      |                                      | its or sugge.                  |                           |                             | he back of this form.)                      |
|      | Army INT                             |                                | Q_0LIY                    | ı obta                      | mena book                                   |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my                                  | 335          | ns:                      |                 |  |
|--|--------------|--------------------------|-----------------|--|
| Strongly Agree   | ☐ Agree      | ☐ Neither                | ☐ Disagree      | ☐ Strongly Disagree                      |
| 2. The session content                                 | was appro    | priate and i             | nformative:     |  |
| Strongly Agree   | ☐ Agree      | ☐ Neither                | ☐ Disagree      | ☐ Strongly Disagree                      |
| 3. How likely are you t                                | o use what   | t you learned<br>Neither | d today withir  | n the next 6 months? ☐ Strongly Disagree |
| 4. In what way(s) will self-portions                   | tions        |                          | clin            | in this session?  c to review  atarax    |
| 5. What was the most                                   | valuable a   | spect of this            | session?        |  |
| 6. What was the least                                  | valuable as  | spect of this            | session?        |  |
| 7. Would you be intered<br>Yes INO<br>If yes, list nan |              |                          |                 | on this topic?                           |
| 8. Comments or sugges (Additional Commen               | ts or sugge. |                          | e written on ti |  |

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1.   | The session m                   | iet my expect  | ations:                               |                                       |   |       |
|------|---------------------------------|----------------|---------------------------------------|---------------------------------------|---|-------|
|      | ☐ Strongly Agi                  | ree 🚨 Agre     | ee 🚨 Neithe                           | r 🕒 Disagree                          | ☐ Strongly Disagree                     |       |
| 2.   | The session co                  | -              |                                       |                                       |   |       |
|      | Strongly Agr                    | ree 🗀 Agre     | ee YNeither                           | Disagree                              | ☐ Strongly Disagree                     |       |
| 3.   | How likely are<br>Strongly Age  |                |                                       |                                       | in the next 6 months?                   |       |
| 4.   | In what way(s                   | s) will you ap | ply the inform                        | ports to u                            | ed in this session?<br>Smaller iter     | s il. |
| 5.   | What was the                    | : most valuab  | le aspect of t                        | his session?                          |   |       |
|      |                                 | × . × - ·      |                                       |                                       | × · · · · · · · · · · · · · · · · · · · |       |
|      |                                 |                |                                       |                                       |   |       |
|      |                                 |                |                                       |                                       |   |       |
| 6.   | What was the                    | least valuabl  | e aspect of th                        | nis session?                          |   |       |
|      |                                 |                | · · · · · · · · · · · · · · · · · · · |                                       |   |       |
|      |                                 |                |                                       |                                       |   |       |
|      |                                 |                |                                       |                                       |   |       |
| 7. ¹ | Would you be<br>⊐Yes            |                | attending a l                         | onger worksho                         | p on this topic?                        |       |
|      | lf yes, li                      | ist name and   | email for mo                          | re information                        |   |       |
|      |                                 |                |                                       |                                       |   |       |
|      | Comments or :<br>(Additional Co |                | iggestions car                        | n be written on                       | the back of this form.)                 |       |
|      |                                 |                |                                       | · · · · · · · · · · · · · · · · · · · | · · · · · · · · · · · · · · · · · · ·   |       |
|      |                                 |                |                                       |                                       |   |       |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my  Strongly Agree   | •                      | ns:<br>□ Neither                      | 니 Disagree                              | ☐ Strongly Disagree    |  |  |
|---|------------------------|---------------------------------------|---|------------------------|--|--|
| 2. The session content  | was appro<br>Agree     |                                       | nformative:<br>i Disagree               | ☐ Strongly Disagree    |  |  |
| 3. How likely are you t   | to use what<br>コ Agree | you learned<br>U Neither              | l today withir                          | n the next 6 months?   |  |  |
| 4. In what way(s) will  I'll ap  My Professi  I'll crity p  | iply m<br>coal lif     | s n M<br>O mlan                       | when n<br>my s                          | of Just in lidents and |  |  |
| 5. What was the most valuable aspect of this session?  The MEST Valuable aspect of this session?  Then my Shederib can still part fair keed but  Jis Kirp III Mind The Portion Size |                        |                                       |   |                        |  |  |
| 6. What was the least   | valuable as            | pect of this                          | session?                                |                        |  |  |
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| 7. Would you be intere  |                        | ending a lon                          | ger workshop                            | on this topic?         |  |  |
| If yes, list name and email for more information:   |                        |                                       |   |                        |  |  |
|   |                        |                                       |   |                        |  |  |
| 8. Comments or sugges<br>(Additional Commen   |                        | stions can b                          | e written on t                          | he back of this form.) |  |  |
|   |                        |                                       |   |                        |  |  |

| 1. The session           | on met my       | expectation           | ons: 🖊                  |                             |  |       |
|--------------------------|-----------------|-----------------------|-------------------------|-----------------------------|--|-------|
| 🗀 Strong                 | ly Agree        | 🗀 Agree               | <b>Weither</b>          | 🚨 Disagree                  | ☐ Strongly Disagree                      | 2     |
|                          |                 | t was appro           | priate and i            |                             |  |       |
| ⇒ Strong                 | ly Agree        | Agree                 | → Neither               | <b>□</b> Disagree           | 🗀 Strongly Disagree                      | ?     |
| 3. How likel<br>☐ Strong |                 | to use wha<br>い Agree | t you learne<br>Meither | d today withi<br>⊐ Disagree | n the next 6 mont<br>⇒ Strongly Disagree |       |
|                          | VS.ng<br>VA o D | ersation              | methods                 | /topics                     | in this session?  for  my mindful        | 14    |
|                          | = \$200         | tion s                | Des f                   | arm t                       | he out                                   |       |
|                          | JV.             | xtapes                | ed to                   | porti                       | he part                                  | NOW   |
|                          |                 |                       |                         |                             |  |       |
| 6. What was              | s the least     | valuable a            | spect of this           | session?                    |  |       |
| 7. Would you             |                 |                       | ending a lon            | ger workshop                | on this topic?                           |       |
| lf y                     | res, list na    | me and em             | ail for more            | information:                |  |       |
|                          |                 |                       |                         |                             |  |       |
| 8. Comment<br>(Additions |                 |                       | estions can b           | e written on t              | he back of this for                      | m.)   |
|                          |                 |                       |                         | ··· ··· · · · · · · · ·     |  |       |
| Please place             | the comp        | oleted eval           | uation sheet            | in the box,                 | at the back of the                       | room, |

| 1. The session met m<br>Strongly Agree    | y expectation<br>U Agree | ons:<br>□ Neither        | ධ Disagree                  | ☐ Strongly Disagree                       |
|---|--------------------------|--------------------------|-----------------------------|---|
| 2. The session conten                     | t was appro<br>J Agree   | opriate and i<br>Neither | nformative:<br>🖸 Disagree   | ☐ Strongly Disagree                       |
| 3. How likely are you  Strongly Agree     |                          |                          | d today withi<br>→ Disagree | n the next 6 months?  — Strongly Disagree |
| 4. In what way(s) will  USR UND  PAYMON   | r mat                    | um u                     | shen !                      | I in this session?                        |
| 5. What was the mos                       |                          |                          |                             |   |
| 6. What was the least                     | : valuable a             | spect of this            | session?                    | · · · · · · · · · · · · · · · · · · ·     |
| 7. Would you be inter                     | ٥                        |                          |                             | on this topic?                            |
| 8. Comments or sugge<br>(Additional Comme |                          | estions can b            | e written on t              | he back of this form.)                    |
| Please place the comp                     | pleted evalu             | uation sheet             | in the box, a               | at the back of the room.                  |

| 1. The session met m                      | y expectation     | ons:                      |                       |                                       |
|---|-------------------|---------------------------|-----------------------|---------------------------------------|
| ப் Strongly Agree                         | ⊔ Agree           | <ul><li>Neither</li></ul> | <b>⅃</b> Disagree     | ☐ Strongly Disagree                   |
| 2. The session conten                     | t was appro       | opriate and i             | nformative:           |                                       |
| 4 Strongly Agree                          | 🚨 Agree           | ☐ Neither                 | ☐ Disagree            | ☐ Strongly Disagree                   |
| 3. How likely are you                     | to use wha        | it you learne             | d todav withi         | n the next 6 months?                  |
| □ Strongly Agree                          |                   |                           | ্র Disagree           | ☐ Strongly Disagree                   |
| 4. In what way(s) will                    | you apply         | the informat              | tion presented        | l in this session?                    |
|   |                   | (24) 11                   | 201 11                | · · · · · · · · · · · · · · · · · · · |
|   | ~ <del></del>     |                           |                       | · · · · · · · · · · · · · · · · · · · |
|   |                   |                           |                       |                                       |
| 5. What was the most                      | t valuable a      | spect of this             | session?              |                                       |
| <u> </u>                                  |                   |                           |                       |                                       |
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| 6. What was the least                     | م مامسامی         | enact of this             | socion?               |                                       |
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| 7. Would you be intere                    | ested in att<br>o | ending a lon              | ger workshop          | on this topic?                        |
| If yes, list na                           | me and em         | ail for more              | information:          |                                       |
| /W/                                       | 1 2 P             | 1251 n                    | information:<br>L · W | <i>O</i>                              |
| 8. Comments or sugge<br>(Additional Comme |                   | estions can b             | e written on t        | he back of this form.)                |
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| 1. The session met m                    | y expectation | ons:   |   |   |
|---|---------------|--|---|---|
| Strongly Agree                          | ☐ Agree       | ☐ Neither  | ☐ Disagree  | ☐ Strongly Disagree                     |
| 2. The session conten                   | it was appro  | opriate and i  | nformative:   |   |
| Strongly Agree                          | ☐ Agree       | ☐ Neither  | ☐ Disagree  | ☐ Strongly Disagree                     |
| 3. How likely are you                   | to use wha    | t you learne   | d today withi   | n the next 6 months?                    |
|   | ☐ Agree       |  | ☐ Disagree  | ☐ Strongly Disagree                     |
| 4. In what way(s) will                  | l you apply   | the informat   | tion presented  | d in this session?                      |
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| 5. What was the mos                     |               |  |   |   |
| Eviga                                   | 83            | preser   | states  | y, great                                |
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| 6. What was the least                   | t valuable a  | snect of this  | session?  |   |
| s. What was the least                   | . valuatic a  | spect of this  | 303310111   |   |
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|   |               |  | West of the State |   |
| 7. Would you be inter                   | ested in att  | anding a lan   | gor workshoo  | on this topic?                          |
| ☐ Yes ☐ N                               |               | ending a for   | ger worksnop  | on this topic?                          |
| If yes, list na                         | me and em     | ail for more   | information:  |   |
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| 3. Comments or sugge                    | estions:      |  |   |   |
|   |               | estions can b  | e written on t  | he back of this form.)                  |
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| -                                       |               |  |   |   |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The ses | sion met my                 | expectatio                        | ns:                      |                   |   |
|------------|-----------------------------|-----------------------------------|--------------------------|-------------------|---|
| Stro       | ngly Agree                  | ⊔ Agree                           | <b>U</b> Neither         | ☐ Disagree        | ☐ Strongly Disagree                     |
|            | sion content                |                                   | priate and in            | formative:        |   |
| Stro       | ngly Agree                  | ☐ Agree                           | ☐ Neither                | □ Disagree        | ☐ Strongly Disagree                     |
|            |                             |                                   | you learned<br>☐ Neither |                   | the next 6 months?  © Strongly Disagree |
| 4. In what | : way(s) will               | you apply t                       | he information           | on presented      | in this session?                        |
|            |                             |                                   |                          |                   |   |
|            |                             |                                   |                          | ·                 |   |
|            |                             |                                   |                          |                   |   |
| # 10/11    | (1                          |                                   |                          |                   |   |
| 5. What w  | as the most                 | valuable as                       | pect of this             | session?          |   |
|            |                             |                                   | e esercial and a         | · · · · · · · · · |   |
|            |                             |                                   |                          |                   |   |
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| 6. What w  | as the least                | valuable as                       | pect of this s           | session?          |   |
|            |                             |                                   |                          |                   |   |
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| 7 M L      | 1 1 1                       |                                   |                          |                   |   |
|            | ou be intere:<br>(Yes 🚨 No  | sted in atte                      | inding a long            | er workshop       | on this topic?                          |
| 11         | yes, list nan               | ne and ema                        | il for more in           | oformation:       |   |
| Kir        | n Pat                       | terso                             | 20. 7. 1                 | KMP K             | O@BU.edu                                |
| (Additio   | nts or sugges<br>nal Commen | ts or sugges                      |                          | written on th     | e back of this form.)                   |
|            |                             | · · · · · · · · · · · · · · · · · |                          |                   | .,                                      |

| 1. The session met  | my expectation                  | ons:          |                                     |                      |
|---|---------------------------------|---------------|-------------------------------------|----------------------|
| ☐ Strongly Agree  | Agree                           | 니 Neither     | 🗀 Disagree                          | ☐ Strongly Disagree  |
| 2 The session con   | tent was appr                   | nrista and i  | - for ti                            |                      |
| 2. The session cont<br>Strongly Agree                           |                                 | ,             |                                     | 13.6%                |
| ☐ Strongly Agree  | Agree Agree                     | ☐ Neither     | ☐ Disagree                          | ☐ Strongly Disagree  |
|   |                                 |               |                                     | n the next 6 months? |
| ☐ Strongly Agree  | A Agree                         | 🔾 Neither     | ☐ Disagree                          | ☐ Strongly Disagree  |
| 4. In what way(s)   | will you apply                  | the informa   | tion presented                      | d in this session?   |
| 77  |                                 | 7 11          |                                     |                      |
| I sut I   | rings -                         | curche        | ano                                 | y                    |
|   |                                 |               |                                     | /                    |
|   |                                 |               |                                     |                      |
| 5. What was the m   | iost valuable a                 | spect of this | session?                            |                      |
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| people  | Cuilly                          | Deper         | ding                                | · Cleso              |
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| 6 What was the la   | net valuable a                  | root of thi-  |                                     | Juronalus.           |
| 6. What was the le  | ast valuable a                  | spect of this | session?                            | speake               |
| 6. What was the le  | ast valuable a                  | spect of this | session?                            | spenker              |
| 6. What was the le  | ast valuable a                  | spect of this | session?                            | speaker              |
| 6. What was the le  | ast valuable a                  | spect of this | session?                            | sperker              |
| 6. What was the le  | ast valuable a                  | spect of this | session?                            | speaker              |
| <ul><li>6. What was the le</li><li>7. Would you be in</li></ul> | ast valuable a                  | spect of this | session?                            | spenker              |
| 7. Would you be in  | terested in att                 | spect of this | session?                            | spenker              |
| 7. Would you be in  | ast valuable a                  | spect of this | session?                            | spenker              |
| 7. Would you be in  | terested in att                 | spect of this | session?                            | spenker              |
| 7. Would you be in  If yes, list                                | terested in att                 | spect of this | session?                            | spenker              |
| 7. Would you be in  1 Yes  If yes, list                         | terested in att  No name and em | ending a lor  | session?  ger workshop information: | spenker              |
| 7. Would you be in  1 Yes  If yes, list                         | terested in att  No name and em | ending a lor  | session?  ger workshop information: | spenker              |
| 7. Would you be in  1 Yes  If yes, list                         | terested in att  No name and em | ending a lor  | session?  ger workshop information: | spenker              |
| 7. Would you be in  1 Yes  If yes, list                         | terested in att  No name and em | ending a lor  | session?  ger workshop information: | spenker              |

| 1. The  | session met my                        | expectation | ons:             |                                       |                          |
|---------|---------------------------------------|-------------|------------------|---------------------------------------|--------------------------|
| L       | Strongly Agree                        | Agree       | <b>∟</b> Neither | 🔾 Disagree                            | ☐ Strongly Disagree      |
| 2. The  | session content                       | was appro   | opriate and i    | nformative:                           |                          |
|         | Strongly Agree                        | Agree       | <b>□</b> Neither | ☐ Disagree                            | ☐ Strongly Disagree      |
| 3. Ho   | w likely are you t                    | to use wha  | it you learne    | d today withi                         | n the next 6 months?     |
| *       | Strongly Agree                        | 🖳 Agree     | ☐ Neither        | 🚨 Disagree                            | ☐ Strongly Disagree      |
| 4. in v | what way(s) will                      | you apply   | the informa      | tion presented                        | d in this session?       |
|         |                                       |             |                  |                                       |                          |
|         |                                       |             |                  |                                       |                          |
|         |                                       |             |                  |                                       |                          |
|         |                                       |             |                  |                                       |                          |
| 5. Wh   | at was the most                       | valuable a  | spect of this    | s session?                            |                          |
|         |                                       |             |                  | · · · ·                               |                          |
|         |                                       |             |                  |                                       |                          |
|         |                                       |             |                  |                                       |                          |
| c Wh    | at the least                          |             |                  |                                       |                          |
| O. VVII | at was the least                      | valuable a  | spect or this    | session?                              |                          |
|         |                                       | <u>-</u>    |                  |                                       |                          |
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|         |                                       |             |                  |                                       |                          |
| 7. Wo   | uld you be intere<br>디 Yes 니 No       |             | ending a lor     | iger workshop                         | on this topic?           |
|         | If yes, list nar                      | ne and em   | ail for more     | information:                          |                          |
|         |                                       |             |                  | · · · · · · · · · · · · · · · · · · · |                          |
|         | nments or sugges<br>ditional Commen   |             | estions can b    | e written on t                        | he back of this form.)   |
|         |                                       |             |                  |                                       |                          |
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| Please  | place the comp                        | leted eval  | uation sheet     | t in the box. :                       | at the back of the room. |
|         | -                                     |             |                  |                                       |                          |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The        | session met my                                     | / expectation                         | ons:             |                   |                                       |
|---------------|--|---------------------------------------|------------------|-------------------|---------------------------------------|
| ü             | Strongly Agree                                     | (1) Argree                            | 🔾 Neither        | ے Disagree        | ☐ Strongly Disagree                   |
| n The         | carrian aantan                                     | ,                                     |                  | <i>x</i>          |                                       |
|               | session content                                    |                                       | •                | ntormative:       |                                       |
| u             | Strongly Agree                                     | Agree                                 | <b>山</b> Neither | □ Disagree        | 니 Strongly Disagree                   |
| 3. How        | / likely are you                                   | to use wha                            | it vou learne    | d todav withi     | n the next 6 months?                  |
|               | Strongly Agree                                     | 4 Agree                               |                  | <b>∟</b> Disagree | ☐ Strongly Disagree                   |
| _             | orangiy rigice                                     | T "gree                               | - weinier        | □ Disagree        | □ Strongly Disagree                   |
| 4. in w       | hat way(s) will                                    | you apply                             | the informat     | tion presenter    | d in this session?                    |
|               |  |                                       |                  |                   |                                       |
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| e 1411        |  |                                       |                  |                   |                                       |
| 5. Wha        | it was the most                                    | : valuable a                          | spect of this    | s session?        | $\sim 10^{-1}$                        |
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|               |  |                                       |                  |                   | · · · · · · · · · · · · · · · · · · · |
| 6. Wha        | t was the least                                    | valuable a                            | spect of this    | session?          | ·                                     |
| 6. Wha        | t was the least                                    | valuable a                            | spect of this    | session?          |                                       |
| 6. Wha        | t was the least                                    | valuable a                            | spect of this    | session?          |                                       |
| 6. Wha        | t was the least                                    | valuable a                            | spect of this    | session?          |                                       |
| 6. Wha        | t was the least                                    | valuable a                            | spect of this    | session?          |                                       |
| 6. Wha        | t was the least                                    | valuable a                            | spect of this    | session?          |                                       |
|               |  | · · · · · · · · · · · · · · · · · · · |                  |                   |                                       |
|               |  | ested in att                          |                  |                   | o on this topic?                      |
|               | ld you be intere<br>과 Yes 그 No                     | ested in att                          | ending a lon     | iger workshop     |                                       |
|               | ld you be intere                                   | ested in att                          | ending a lon     | iger workshop     |                                       |
|               | ld you be intere<br>급Yes 급 No                      | ested in att                          | ending a lon     | iger workshop     |                                       |
| 7. Wou        | ld you be intere<br>급 Yes 급 No<br>lf yes, list na  | ested in atto<br>o<br>me and em       | ending a lon     | iger workshop     |                                       |
| 7. Wou 8. Com | ld you be intere<br>급 Yes 급 No<br>lf yes, list nai | ested in atto<br>me and em            | ending a lon     | iger workshop     | o on this topic?                      |
| 7. Wou 8. Com | ld you be intere<br>급 Yes 급 No<br>lf yes, list nai | ested in atto<br>me and em            | ending a lon     | iger workshop     |                                       |
| 7. Wou 8. Com | ld you be intere<br>급 Yes 급 No<br>lf yes, list nai | ested in atto<br>me and em            | ending a lon     | iger workshop     | o on this topic?                      |
| 7. Wou 8. Com | ld you be intere<br>급 Yes 급 No<br>lf yes, list nai | ested in atto<br>me and em            | ending a lon     | iger workshop     | o on this topic?                      |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The ses | sion met my                        | expectation | ins:                                  |                   |                        |
|------------|------------------------------------|-------------|---------------------------------------|-------------------|------------------------|
| Stro       | ngly Agree                         | ☐ Agree     | ا Neither ب                           | <b>○</b> Disagree | ☐ Strongly Disagree    |
| 2. The ses | sion content                       | t was appro | priate and in                         | nformative:       |                        |
| ⊻ Stro     | ngly Agree                         | ☐ Agree     | 니 Neither                             | 니 Disagree        | ☐ Strongly Disagree    |
| 3. How lik | ely are you                        | to use wha  | t you learne                          | d today within    | n the next 6 months?   |
| Stro       | ngly Agree                         | 🕒 Agree     | Neither                               | <b>∟</b> Disagree | ☐ Strongly Disagree    |
| 4. In what | way(s) will                        | you apply   | the informat                          | ion presented     | I in this session?     |
|            | ···· · · · · · · · · · · · · · · · |             |                                       |                   |                        |
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| 5. What w  | as the most                        | valuable a  | spect of this                         | session?          |                        |
| MA         | ctrope:                            | ENFORMO     | tan. E                                | Asy relot         | table                  |
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| 6. What w  | as the least                       | valuable a  | spect of this                         | session?          |                        |
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|            |                                    |             |                                       |                   |                        |
|            |                                    |             |                                       |                   |                        |
|            | /ou be intere                      |             | ending a lon                          | ger workshop      | on this topic?         |
| <b>!</b> † | f yes, list na                     | me and em   | ail for more                          | information:      |                        |
| ORU        | . Cemu                             | MINON       | nsn, com                              |                   |                        |
|            | nts or sugge<br>nal Commei         |             | estions can b                         | e written on t    | he back of this form.) |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m  | . 1                                   |                           |   |                                       |
|-----------------------|---------------------------------------|---------------------------|---|---------------------------------------|
| Strongly Agree        | <b>√1</b> Agree                       | → Neither                 | 🗀 Disagree                              | ☐ Strongly Disagree                   |
| 2. The session conter |                                       | priate and in             | nformative:                             |                                       |
| → Strongly Agree      | Agree V                               | <ul><li>Neither</li></ul> | <b>⇒</b> Disagree                       | ☐ Strongly Disagree                   |
| 3. How likely are you | to use wha                            | t you learne              | d today within                          | the next 6 months?                    |
| Strongly Agree        | \⊔ <b>/</b> Agree                     | 🔾 Neither                 | → Disagree                              | <ul> <li>Strongly Disagree</li> </ul> |
| 4. In what way(s) wil | l you apply i                         | the informat              | ion presented                           | in this session?                      |
|                       |                                       |                           |   |                                       |
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|                       |                                       |                           |   |                                       |
| 5. What was the mos   | rt valuable s                         | speak of this             | ransia # 2                              |                                       |
| 3. Venat was the mos  |                                       |                           | 26221011                                |                                       |
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| 6. What was the leas  | t valuable as                         | spect of this             | session?                                |                                       |
|                       |                                       |                           | *************************************** |                                       |
|                       |                                       |                           |   |                                       |
|                       |                                       |                           |   |                                       |
| 7. Would you be inter |                                       | ending a lon              | ger workshop                            | on this topic?                        |
| If yes, list na       | ame and em                            | ail for more              | information:                            |                                       |
|                       |                                       |                           |   |                                       |
| 8. Comments or sugg   | estions:                              |                           |   |                                       |
|                       |                                       | stions can b              | e written on t                          | he back of this form.)                |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session m  Strongly Agr |                                       | ons:<br>O Neither                     | .⊒ Disagree                  | ্রা Strongly Disagree                       |
|--------------------------------|---------------------------------------|---------------------------------------|------------------------------|---|
| 2. The session co              |                                       | opriate and i                         | nformative:<br>□ Disagree    | ☐ Strongly Disagree                         |
| 3. How likely are              |                                       | it you learne<br>□ Neither            | d today withii<br>ப Disagree | n the next 6 months?<br>☐ Strongly Disagree |
| 4. In what way(s               |                                       |                                       | 7                            | in this session?                            |
|                                | · ··· · · · · · · · · · · · · · · · · | · · · · · · · · · · · · · · · · · · · |                              |   |
| 5. What was the                | most valuable a                       | espect of this                        | s session?                   | ryn Charles I                               |
| 6. What was the                | least valuable a                      |                                       |                              |   |
|                                |                                       |                                       |                              |   |
| 7. Would you be                | interested in att<br>山No              | ending a for                          | iger workshop                | on this topic?                              |
| if yes, li                     | st name and em                        | ail for more                          | information:                 |   |
|                                | mments or sugge                       |                                       |                              | he back of this form.)                      |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my   | expectation Agree  | ons:           | ☐ Disagree      | ☐ Strongly Disagree    |  |  |
|---|--|----------------|-----------------|------------------------|--|--|
| 2. The session content  | t was appro  | priate and in  | nformative:     | ☐ Strongly Disagree    |  |  |
| 3. How likely are you  Strongly Agree   | to use wha   | t you learned  | d today withir  | the next 6 months?     |  |  |
| 4. In what way(s) will serve will   | you apply<br>Chan<br>My<br>Cach  | 01/            |                 | in this session?       |  |  |
| 5. What was the most  | The state of the s | 1              |                 |                        |  |  |
| 6. What was the least   | valuable as  | spect of this  | session?        |                        |  |  |
| ***************************************   |  |                |                 |                        |  |  |
|   | 0  |                |                 |                        |  |  |
| 7. Would you be interested in attending a longer workshop on this topic?  Serves  No  If yes, list name and email for more information: |  |                |                 |                        |  |  |
| 8. Comments or sugge<br>(Additional Commen  |  | estions can be | e written on ti | he back of this form.) |  |  |

| 1. The session met m                  | y expectati  | ons:                       |                |                          |
|---------------------------------------|--------------|----------------------------|----------------|--------------------------|
| Strongly Agree                        | ☐ Agree      | ☐ Neither                  | ☐ Disagree     | ☐ Strongly Disagree      |
| 2. The session conten                 | t was appro  | opriate and i              | informative:   |                          |
| Strongly Agree                        | ☐ Agree      | ☐ Neither                  | ☐ Disagree     | ☐ Strongly Disagree      |
| 3. How likely are you  Strongly Agree | to use wha   | it you learne<br>□ Neither | d today withi  | n the next 6 months?     |
| 4. In what way(s) will                | vou anniv    | the informa                | tion presented | 17-10                    |
| Share                                 |              | W/P                        | auticy         | panto/staff              |
|                                       |              |                            |                |                          |
| 5. What was the mos                   | t valuable a | spect of this              | s session?     |                          |
| Excel                                 | ient         | Spec                       | ikei           |                          |
|                                       |              | Г                          |                |                          |
|                                       |              |                            |                |                          |
| 6. What was the least                 | valuable a   | spect of this              | session?       |                          |
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| 100                                   | 0000         | of the                     | hour C         | hustian =force           |
| 1                                     | nyce         | (10)                       | Dely of        | alradion line            |
| 7. Would you be interest of Yes N     |              | ending a lor               | iger workshop  | on this topic?           |
| If yes, list na                       | me and em    | ail for more               | information:   |                          |
|                                       |              |                            |                |                          |
| 8. Comments or sugge                  | stions:      |                            |                |                          |
| (Additional Comme                     | nts or sugge | estions can b              | e written on t | he back of this form.)   |
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| Please place the service              | المعاملة     |                            |                |                          |
| rease place the comp                  | neteu evali  | action sneet               | in the box, a  | at the back of the room. |

### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. | The session n                 | net my expect   | ations:         |               |                         |                                       |
|----|-------------------------------|-----------------|-----------------|---------------|-------------------------|---------------------------------------|
|    | Strongly Ag                   | jree 🚨 Agre     | e 🚨 Neither     | 니 Disagree    | ☐ Strongly Disagree     |                                       |
| 2. | The session o                 | ontent was a    | propriate and   | informative:  |                         |                                       |
|    | Strongly Ag                   | iree 🗀 Agre     | e U Neither     | ☐ Disagree    | → Strongly Disagree     |                                       |
| 3. | How likely are                | e you to use v  | vhat you learr  | ed today with | in the next 6 months?   |                                       |
|    | 5trongly Ag                   |                 | e Li Neither    |               | ☐ Strongly Disagree     |                                       |
| 4. |                               |                 |                 |               | d in this session?      |                                       |
|    |                               |                 |                 |               |                         | <del>.</del> .                        |
|    |                               |                 |                 |               |                         |                                       |
|    | What was the                  | e least valuabl | le aspect of th | is session?   |                         | · · · · · · · · · · · · · · · · · · · |
|    |                               |                 |                 |               |                         |                                       |
| 7. | YLYes                         | <b>₩</b> o      |                 | onger worksho | p on this topic?        |                                       |
|    |                               |                 |                 |               |                         |                                       |
| 8. | Comments or<br>(Additional Co | suggestions:    | laaestions oon  | ha weitten an | the back of this form.) |                                       |
|    | ^                             | : -             |                 |               |                         |                                       |
|    |                               |                 |                 |               |                         |                                       |

### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met i | ny expectation | ons:          |                |                        |
|----------------------|----------------|---------------|----------------|------------------------|
| Strongly Agree       | ☐ Agree        | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree    |
| 2. The session conte | ent was appro  | opriate and i | nformative:    |                        |
| U Strongly Agree     | ☐ Agree        | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree    |
| 3. How likely are yo | u to use wha   | t you learne  | d today within | n the next 6 months?   |
| Strongly Agree       | ☐ Agree        | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree    |
| 4. In what way(s) w  | ill you apply  | the informat  | ion presented  | I in this session?     |
|                      | ende           |               | hou            | Small                  |
|                      | stme           | . 1           | an             | maxo                   |
| big od               | 1 sple         | ence          |                |                        |
| 5. What was the mo   | st valuable a  | spect of this | session?       | 1 - 0'                 |
| ren                  | unde           | ro            | POT            | tron Alges             |
| and                  | VOC            | e-A           | CO C           | utting                 |
| purc                 | has            | ed            | 2000           | d                      |
| 6. What was the lea  | st valuable a  | enect of this | session?       |                        |
| G. What was the lea  | If I ME        | A             | 26221011;      |                        |
| MO                   | 700            | ,             |                |                        |
| 1'-                  |                | -             |                |                        |
|                      |                |               |                |                        |
| 7. Would you be inte | erested in att | ending a lon  | ger workshop   | on this topic?         |
| ☐ Yes ☐              | No             |               |                |                        |
| lf yes, list r       | ame and em     | ail for more  | information:   |                        |
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| 8. Comments or sug   |                |               |                |                        |
| (Additional Comm     | ents or sugge  | estions can b | e written on t | he back of this form.) |
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|                      | -              |               |                |                        |
|                      |                |               |                |                        |

### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: Strongly Agree ☐ Disagree ☐ Neither ☐ Strongly Disagree 2. The session content was appropriate and informative: Strongly Agree ☐ Agree ☐ Neither □ Disagree ☐ Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? ☐ Agree ☐ Neither □ Disagree ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? 5. What was the most valuable aspect of this session? 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic? Yes If yes, list name and email for more information:

Please place the completed evaluation sheet in the box, at the back of the room.

(Additional Comments or suggestions can be written on the back of this form.)

8. Comments or suggestions:

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. T | he <b>se</b> ssion met my                | expectation           | ns:           |                |  |
|------|--|-----------------------|---------------|----------------|--|
|      | Strongly Agree                           | ⊔ Agree               | (2) Neither   | ධ Disagree     | → Strongly Disagree                    |
| 2. T | he session content                       | : was appro           | priate and i  | nformative:    |  |
|      | Strongly Agree                           | ☐ Agree               | → Neither     | 🗀 Disagree     | ☐ Strongly Disagree                    |
| 3. F |  |                       |               |                | n the next 6 months?                   |
|      | Strongly Agree                           | □ Agree               | ⊔ Neither     | → Disagree     | ☐ Strongly Disagree                    |
| 4. I | what way(s) will<br>Being m<br>Family fr | were n                | rindfil       | 2 of m         | in this session? yellet and            |
| 5 V  | Vhat was the most                        | valuable a            | enant of this | receion?       |  |
| J, ¥ | Science                                  | based                 | tv/oc         | nation!        | <b></b>                                |
|      |  |                       |               |                |  |
|      |  |                       |               |                |  |
| 6. V | What was the least                       | valuable as           | spect of this | session?       |  |
|      |  |                       |               |                | ······································ |
|      |  |                       |               |                | · ····· · · · · · · · · · · · · · · ·  |
|      |  |                       |               |                |  |
| 7. W | lould you be intere<br>মুস্ভ এ No        |                       | ending a lon  | ger workshop   | on this topic?                         |
|      | If yes, list nar                         | ne and ema            | ail for more  | information:   |  |
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|      | It was                                   | nts or sugge<br>Great | stions can b  | e written on t | he back of this form.)<br>y and        |
|      | Knowledge                                | Poly!                 |               |                | <u> </u>                               |

### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: ✓ Strongly Agree ☐ Neither □ Disagree ☐ Strongly Disagree 2. The session content was appropriate and informative: Strongly Agree Agree ☐ Neither Disagree ☐ Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? Strongly Agree ☐ Agree ☐ Neither Disagree ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? or one online health tips 5. What was the most valuable aspect of this session? 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic? Yes If yes, list name and email for more information:

8. Comments or suggestions:

(Additional Comments or suggestions can be written on the back of this form.)

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session   |                                       | expectation           | ons:<br>② Neither         | 리 Disagree     | ☐ Strongly Disagree                   |  |  |
|--|---------------------------------------|-----------------------|---------------------------|----------------|---------------------------------------|--|--|
| 2. The session   |                                       | • •                   | •                         |                |                                       |  |  |
| 11-Strongly  | Agree                                 | ☐ Agree               | ☐ Neither                 | → Disagree     | ☐ Strongly Disagree                   |  |  |
| 3. How likely  |                                       | to use wha<br>□ Agree | t you learne<br>ਹ Neither | d today withii | n the next 6 months?                  |  |  |
| •  |                                       | ,                     |                           | •              |                                       |  |  |
|  |                                       |                       |                           |                | t in this session?                    |  |  |
|  |                                       |                       |                           |                |                                       |  |  |
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| <b>⊢ \ \ \ \ \ \ \ \ \ \</b>   | 4la                                   |                       |                           |                |                                       |  |  |
| 5. What was  |                                       |                       |                           |                | 1                                     |  |  |
| <i>P</i> ''  |                                       |                       | CY TICY                   | . Forting      | od , Lo                               |  |  |
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|  |                                       |                       | •••••                     |                | · · · · · · · · · · · · · · · · · · · |  |  |
| 6. What was t  | the least                             | valuable as           | spect of this             | session?       |                                       |  |  |
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|  |                                       |                       |                           |                |                                       |  |  |
| 7. Would you be interested in attending a longer workshop on this topic? |                                       |                       |                           |                |                                       |  |  |
| If ye  | s, list nar                           | ne and em             | ail for more              | information;   |                                       |  |  |
|  |                                       |                       |                           |                |                                       |  |  |
| 8. Comments or suggestions:  |                                       |                       |                           |                |                                       |  |  |
|  |                                       |                       | stions can b              | e written on t | he back of this form.)                |  |  |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met r | ny expectatio<br>□ Agree             | ons:  | ☐ Disagree     | ☐ Strongly Disagree                      |
|----------------------|--------------------------------------|---|----------------|--|
| 2. The session conte | nt was appro                         | priate and in   | nformative:    | ☐ Strongly Disagree                      |
| 3. How likely are yo | u to use wha                         | t you learned   | d today within | n the next 6 months? ☐ Strongly Disagree |
| 4. In what way(s) w  | ill you apply                        | the informat  | ion presented  | in this session?                         |
| 5. What was the mo   |                                      |   |                | ons.                                     |
| 6. What was the lea  | st valuable as                       | spect of this   | session?       |  |
| * CON 1.500          | erested in att<br>No<br>name and ema | eco ( ) i contra en esp <mark>er</mark> ro especial y especial de la contra en especial del contra en especi | -              | on this topic?                           |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m  | iy expectatio        | ons:   |                                       |                        |
|-----------------------|----------------------|--|---------------------------------------|------------------------|
| Strongly Agree        | ط Agree              | ☐ Neither  | ال Disagree ال                        | Strongly Disagree      |
| 2. The session conte  | nt was appro         | opriate and i  | nformative:                           |                        |
| Strongly Agree        |                      |  | ☐ Disagree                            | ☐ Strongly Disagree    |
| 3. How likely are you |                      |  |                                       | n the next 6 months?   |
| 4. In what way(s) wi  | ll you apply         | the information of the informati | tion presented                        | in this session?       |
| C/F                   | ens                  | <i>ک</i>   | ··· · · · · · · · · · · · · · · · · · |                        |
| 5. What was the mos   |                      |  |                                       | ,                      |
| reje<br>tu            | sing<br>Lent<br>July | e ma   | mado                                  | 1. packed              |
| 6. What was the leas  | t valuable a         | •  |                                       |                        |
|                       |                      |  |                                       |                        |
|                       |                      |  |                                       |                        |
| 7. Would you be intel |                      | ending a lor   | iger workshop                         | on this topic?         |
| ∫ If yes, list na     | ame and em           | ail for more   | information:                          |                        |
| 10                    | 1449(                | acon   | rellie                                | al o                   |
| 8. Comments or sugg   |                      | estions can b  | e written on t                        | he back of this form.) |
|                       | 2200                 | + P'   | ~5-~                                  | adon)                  |

| 1. The session met m                      | y expectation   | ons:                      |                   |   |  |  |  |  |
|---|---|---------------------------|-------------------|---|--|--|--|--|
| ☐ Strongly Agree                          | ☐ Agree   | <ul><li>Neither</li></ul> | 🗓 Disagree        | ☐ Strongly Disagree   |  |  |  |  |
| 2. The session conten                     | t was appro   | opriate and i             | nformative:       |   |  |  |  |  |
| Strongly Agree                            | ☐ Agree   | ☐ Neither                 | <b>∟</b> Disagree | ☐ Strongly Disagree   |  |  |  |  |
| 3. How likely are you                     | 3. How likely are you to use what you learned today within the next 6 months? |                           |                   |   |  |  |  |  |
| Strongly Agree                            | <b>∟</b> Agree  |                           | <b>□</b> Disagree | ☐ Strongly Disagree   |  |  |  |  |
| 4. In what way(s) will                    | you apply   | the informat              | ion presented     | f in this session?  |  |  |  |  |
|   |   |                           |                   |   |  |  |  |  |
| 000                                       |   | - x <del>v.</del>         |                   | to the second |  |  |  |  |
|   |   |                           |                   |   |  |  |  |  |
|   |   |                           |                   |   |  |  |  |  |
| 5. What was the most                      | t valuable a  | spect of this             | session?          |   |  |  |  |  |
| all                                       |   |                           |                   |   |  |  |  |  |
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| 6. What was the least                     |   |                           | session?          |   |  |  |  |  |
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| 7. Would you be intere                    |   | ending a lon-             | ger workshop      | on this topic?  |  |  |  |  |
| ☐ Yes ☐ No                                |   |                           |                   |   |  |  |  |  |
| lf yes, list nar                          |   |                           | ^                 |   |  |  |  |  |
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| 9 Commonts or suggest                     | u.4.!   |                           |                   |   |  |  |  |  |
| 8. Comments or suggest (Additional Commen | stions:<br>i <i>ts or suaae</i>   | stions can be             | · written on ti   | he back of this form.)  |  |  |  |  |
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### SESSION TITLE:

Breakfast Keynote - Let's Eat Mindfully

| 1.              | The session met my                      | expectatio  | ns:                |                 |  |
|-----------------|---|-------------|--------------------|-----------------|--|
|                 | Strongly Agree                          | ☐ Agree     | 🗀 Neither          | 그 Disagree      | ☐ Strongly Disagree                    |
| 2.              | The s <del>g</del> ssion content        | was appro   | oriate and i       | nformative:     |  |
|                 | Strongly Agree                          |             | Neither            | ☐ Disagree      | ☐ Strongly Disagree                    |
| 3               | How likely are you                      | to use wha  | t vou learne       | d today withi   | n the next 6 months?                   |
| ٠.              |   |             |                    |                 | ☐ Strongly Disagree                    |
| 4.              | In what way(s) will                     | you apply t | the informa        | tion presented  | l in this session?                     |
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| 5. <sup>1</sup> | What was the most                       | valuable a  | spect of this      | s session?      |  |
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| 6. 1            | What was the least                      | valuable as | spect of this      | session?        |  |
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| 7. V            | Nould you be intere                     |             | ending a lor       | iger workshop   | on this topic?                         |
|                 | If yes, list nar                        | ne and ema  | ail for more       | information:    |  |
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|                 | Comments or sugges<br>Additional Commen |             | stions can b       | ne written on t | he back of this form.)                 |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The  | s <b>s</b> sion met my                         | expectatio        | ns:                        |                 |   |  |  |  |
|---|--|-------------------|----------------------------|-----------------|---|--|--|--|
| 7   | Strongly Agree                                 | □ Agree           | ☐ Neither                  | □ Disagree      | ☐ Strongly Disagree                         |  |  |  |
| 2. The session content was appropriate and informative: |  |                   |                            |                 |   |  |  |  |
|   | Strongly Agree                                 | ⊶1 Agree          | la Neither                 | 🗀 Disagree      | ☐ Strongly Disagree                         |  |  |  |
|   | r likely are you t<br>Strongly Agree           | to use what       | t you learned<br>□ Neither | d today withir  | n the next 6 months?<br>☐ Strongly Disagree |  |  |  |
|   |  | -                 |                            | -               | 2, 2  |  |  |  |
| 4. In w   | hat way(s) will                                | you apply t       | the informat               | ion presented   | in this session?                            |  |  |  |
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| 5 Wha   | t was the most                                 | valuable s        | enect of this              | session?        |   |  |  |  |
|   | m) factor                                      |                   |                            |                 | 11.1  |  |  |  |
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| 6. Wha  | t was the least                                | valuable as       | spect of this              | session?        |   |  |  |  |
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| 7. Wou  | ld you be intere<br>יש איני איני איניץ איניץ א |                   | ending a lon               | ger workshop    | on this topic?                              |  |  |  |
|   | If yes, list nar                               | ne and ema        | il for more i              | nformation:     |   |  |  |  |
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| 1. The session met r                    | ny expectatio  | ons:             |                |                          |
|---|----------------|------------------|----------------|--------------------------|
| ☐ Strongly Agree                        | 4 Agree        | □ Neither        | 🗐 Disagree     | ☐ Strongly Disagree      |
| 2. The session conte                    | nt was appro   | opriate and i    | nformative:    |                          |
| ☐ Strongly Agree                        | ☑ Agree        | <b>以</b> Neither | □ Disagree     | Cl Strongly Disagree     |
| 3. How likely are yo                    | u to use wha   | it you learne    | d today withi  | n the next 6 months?     |
| ☐ Strongly Agree                        | <b>≟</b> Agree | 🔾 Neither        | 🗀 Disagree     | ☐ Strongly Disagree      |
| 4. In what way(s) w                     | i⊪you apply    | the informa      | tion presented | d in this session?       |
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| 5. What was the mo                      | st valuable a  | spect of this    | s session?     |                          |
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| 6. What was the lea                     | st valuable a  | spect of this    | session?       |                          |
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| 7. Would you be inte                    | No<br>No       | ending a lor     | iger workshop  | on this topic?           |
| lf yes, list r                          | ame and em     | ail for more     | information:   |                          |
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| 8. Comments or sugg<br>(Additional Comm |                | estions can b    | e written on t | the back of this form.)  |
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| 1. The session met m                    | y expectati  | ons:   |                |                          |
|---|--------------|--|----------------|--------------------------|
| Strongly Agree                          | ☐ Agree      | ☐ Neither  | ☐ Disagree     | ☐ Strongly Disagree      |
| 2. The session conten                   | t was appr   | opriate and i  | nformative:    |                          |
| U Strongly Agree                        | ☐ Agree      | ☐ Neither  | ☐ Disagree     | ☐ Strongly Disagree      |
| 3. How likely are you                   | to use wha   | nt you learne  | d today withi  | n the next 6 months?     |
| LI Strongly Agree                       | ☐ Agree      | ☐ Neither  | ☐ Disagree     | ☐ Strongly Disagree      |
| 4. In what way(s) wil                   | l you apply  | the informa  | tion presented | d in this session?       |
| 4. In what way(s) will  Jalking         | about        | min Id.  | 1.77           | )                        |
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| 5. What was the mos                     | t valuable a | spect of this  | s session?     |                          |
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| 6. What was the least                   | i valuable a | spect of this  | session?       |                          |
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| 7. Would you be inter                   |              | tending a lor  | nger workshop  | o on this topic?         |
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| If yes, list na                         | me and em    | ail for more   | information:   |                          |
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| lease place the com                     | pleted eval  | uation shee  | t in the box,  | at the back of the room. |

| SESSION TITLE: Breakfast Keynot | e – Let's                             | Eat Mindf                | ully                                  |                                       |
|---------------------------------|---------------------------------------|--------------------------|---------------------------------------|---------------------------------------|
|                                 |                                       |                          | •                                     |                                       |
| 1. The session met my           | -                                     | ons:                     |                                       |                                       |
| Strongly Agree                  | 🗀 Agree                               | ☐ Neither                | 디 Disagree                            | ☐ Strongly Disagree                   |
| 2. The session conten           |                                       |                          |                                       | ,, <u>,</u>                           |
| Strangly Agree                  | <b>□</b> Agree                        | 🗀 Neither                | ☐ Disagree                            | ☐ Strongly Disagree                   |
| 3. How likely are you           | to use wha                            | it you learne            | d today within                        | n the next 6 months?                  |
| Strongly Agree                  | <b>⅃</b> Agree                        | ☐ Neither                | <b>□</b> Disagree                     | 🖺 Strongly Disagree                   |
| 4. In what way(s) will          | vou apply                             | the informat             | ion presented                         | l in this session?                    |
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|                                 |                                       |                          | · · · · · · · · · · · · · · · · · · · | <br>                                  |
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| E What was the most             | م ملطمينامين                          |                          | <b>:</b>                              | 1 .                                   |
| 5. What was the most            | : valuable a<br>- WAI                 | spect of this            | session                               | In Painter                            |
| A THE                           | MA                                    | MARIN                    | JU 1                                  | IIN Tunte                             |
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| 6. What was the least           | vaļuable a                            | spect of this            | session?                              |                                       |
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| 7. Would you be intere          | ected in att                          | endina a lan             | aar workshon                          | on this toxic?                        |
| 7. Would you'de linele          |                                       | chung a ron              | der workzunh                          | on this topic:                        |
| If yes, list na                 | -                                     | ail for more i           | information                           |                                       |
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| 8. Comments or sugge            | stions.                               |                          |                                       |                                       |
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| 1. The session met n   | ny expectation | ons:             |                   |  |  |  |
|--|----------------|------------------|-------------------|--|--|--|
| ☐ Strongly Agree   | 25 Agree       | ب Neither ب      | 🚨 Disagree        | Strongly Disagree  |  |  |
| 2. The session conte   | nt was appro   | opriate and i    | nformative:       |  |  |  |
| 俎 Strongly Agree   | ☐ Agree        | <b>U</b> Neither | → Disagree        | ☐ Strongly Disagree  |  |  |
| 3. How likely are you  | u to use wha   | t you learne     | d today withi     | n the next 6 months?   |  |  |
| 🖄 Strongly Agree   | 🚨 Agree        | → Neither        | <b>△</b> Disagree | ☐ Strongly Disagree  |  |  |
| 4. In what way(s) wi   | ill you apply  | the informa      | tion presented    | d in this session?   |  |  |
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| 6. What was the lea  | st valuable a  | spect of this    | eeccion?          |  |  |  |
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| 7. Would you be inte   | rested in att  | ending a lor     | nger workshop     | on this topic?   |  |  |
| <b>у</b> Yes 👊   | Νo             |                  |                   |  |  |  |
| If yes, list n   | ame and em     | ail for more     | information:      |  |  |  |
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| 8. Comments or sugg  | nections:      |                  |                   |  |  |  |
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| Great Sta  | rt to          | The a            | day!              |  |  |  |
| Please place the completed evaluation sheet in the box, at the back of the room. |                |                  |                   |  |  |  |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. | . The session met i                                     | my expectatio          | ons:          |                   |  |  |  |  |  |
|----|---|------------------------|---------------|-------------------|--|--|--|--|--|
|    | Strongly Agree  | ☐ Agree                | 🗀 Neither     | □ Disagree        | ☐ Strongly Disagree                      |  |  |  |  |
| 2. | 2. The session content was appropriate and informative: |                        |               |                   |  |  |  |  |  |
|    | Strongly Agree  | <b>□</b> Agree         | U Neither     | <b>□</b> Disagree | ☐ Strongly Disagree                      |  |  |  |  |
| 3. | . How likely are yo                                     | u to use wha           | t you learne  | d today withi     | n the next 6 months?                     |  |  |  |  |
|    | Strongly Agree  | ☐ Agree                | ☐ Neither     | ☐ Disagree        | Cl Strongly Disagree                     |  |  |  |  |
| 4. | . In what way(s) w                                      | ill you apply          | the informat  | tion presented    | d in this session?                       |  |  |  |  |
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| 5. | . What was the mo                                       | ost valuable a         | spect of this | s session?        |  |  |  |  |  |
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| 6. | . What was the lea                                      | ast valuable a         | spect of this | s session?        |  |  |  |  |  |
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| 7. | . Would you be int                                      | erested in att<br>I No | ending a lor  | nger workshop     | on this topic?                           |  |  |  |  |
|    | lf yes, list  | name and em            | ail for more  | information:      |  |  |  |  |  |
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| 8. | Comments or sug<br>(Additional Comm                     |                        | estions can t | oe written on i   | the back of this form.)                  |  |  |  |  |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met            | my expectation | ons:          |                        |                          |
|-------------------------------|----------------|---------------|------------------------|--------------------------|
| Strongly Agree                | ☐ Agree        | ☐ Neither     | <b>山</b> Disagree      | ☐ Strongly Disagree      |
| 2. The session cont           | ent was appro  | priate and i  | nformative:            |                          |
| ☐ Strongly Agree              | A Agree        | ☐ Neither     | ☐ Disagree             | ☐ Strongly Disagree      |
| 3. How likely are y           | ou to use wha  | t you learne  | d today withii         | n the next 6 months?     |
| Strongly Agree                | 🗀 Agree        |               | 🗘 Disagree             | ☐ Strongly Disagree      |
| 4. In what way(s) v           |                |               |                        |                          |
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| CHWWHD                        | _clients       | Sarvl.        | ⊆คาธรษผม               | ity members              |
|                               |                |               |                        |                          |
| 5. What was the m             | ost valuable a | spect of this | s session?             |                          |
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| 6. What was the le            | ast valuable a | spect of this | session?               |                          |
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| 7. Would you be in:<br>تر Yes | ~ *            | ending a lor  | iger wo <i>r</i> kshop | on this topic?           |
| If yes, list                  | name and em    | ail for more  | information:           |                          |
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| 8. Comments or sug            |                | estions can l | ne written on f        | he back of this form.)   |
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### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met  | my expectation   | ins:         |                  |                         |
|---------------------|------------------|--------------|------------------|-------------------------|
| Strongly Agree      | ☐ Agree          | ☐ Neither    | ⊔ Disagree       | ☐ Strongly Disagree     |
| 2. The session cont | tent was appro   | priate and i | nformative:      |                         |
| Strongly Agree      | , -              | ☐ Neither    | 🗅 Disagree       | ☐ Strongly Disagree     |
| 3. How likely are v | ou to use wha    | t vou learne | d todav withi    | n the next 6 months?    |
| Strongly Agree      |                  | ☐ Neither    | ් Disagree       | ☐ Strongly Disagree     |
| 4. In what way(s)   | will you apply t | the informat | tion presented   | I in this session?      |
| IN M                | y own            | uxial        | nt st            | wales.                  |
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| 5. What was the m   |                  |              | s session?       |                         |
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| 6. What was the le  |                  | •            |                  |                         |
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| 7                   | - Olinok         | <b>4.</b>    |                  |                         |
| 7. Would you be in  |                  |              |                  |                         |
| _                   | J No             |              | -94- 174-145-145 | ov till topic.          |
| If yes, list        | name and em      | ail for more | information:     |                         |
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| 8. Comments or su   |                  | etione can l | a written on i   | the back of this form.) |
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#### **SESSION TITLE:** Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: ☐ Strongly Agree Agree ■ Neither Disagree ☐ Strongly Disagree 2. The session content was appropriate and informative: Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? 5. What was the most valuable aspect of this session? 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic? If yes, list name and email for more information: 8. Comments or suggestions:

Please place the completed evaluation sheet in the box, at the back of the room.

(Additional Comments or suggestions can be written on the back of this form.)

SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my   | y expectatio | ns:           |                |                      |  |  |  |
|---|--------------|---------------|----------------|----------------------|--|--|--|
| Strongly Agree  | ☐ Agree      | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree  |  |  |  |
| 2. The session conten   | t was appro  | priate and in | nformative:    |                      |  |  |  |
| Strongly Agree  | ☐ Agree      | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree  |  |  |  |
| 3. How likely are you   | to use wha   | t you learned | d today within | n the next 6 months? |  |  |  |
| 4. In what way(s) will  Howe  | you apply to | the informat  | ion presented  | in this session?     |  |  |  |
| 5. What was the most  | t valuable a | spect of this | session?       |                      |  |  |  |
| 6. What was the least   | 1            |               | session?       | un valuable          |  |  |  |
| 7. Would you be interested in attending a longer workshop on this topic?  Yes No  If yes, list name and email for more information:  8. Comments or suggestions:  (Additional Comments or suggestions can be written on the back of this form.) |              |               |                |                      |  |  |  |
|   |              |               |                |                      |  |  |  |

| 1. The session met m                      |                | ons:           |                |                          |
|---|----------------|----------------|----------------|--------------------------|
| ☐ Strongly Agree                          | Agree          | → Neither      | Disagree       | ☐ Strongly Disagree      |
| 2. The session conten                     | it was appro   | opriate and i  | nformative:    |                          |
| ☐ Strongly Agree                          | Agree          | ⊔ Neither      | 🖾 Disagree     | ্র Strongly Disagree     |
| 3. How likely are you                     | to use wha     | it you learne  | d today withi  | n the next 6 months?     |
| strongly Agree                            | <b>→</b> Agree | ☐ Neither      | 🚨 Disagree     | ☐ Strongly Disagree      |
| 4. In what way(s) will                    | l you apply    | the informa    | tion presente  | d in this session?       |
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| 5. What was the mos                       | t valuable a   | ispect of this | s session?     |                          |
|   | was            | AWX            | LA             |                          |
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| 6. What was the least                     | t valuable a   | spect of this  | session?       |                          |
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| 7. Would you be inter                     |                | ending a lor   | nger workshop  | on this topic?           |
| ,   |                |                | information:   |                          |
| ben                                       | ruller         | 120            | zmail:         | eom                      |
| 8. Comments or sugge<br>(Additional Comme |                | estions can b  | e written on t | the back of this form.)  |
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| Please place the com                      | pleted eval    | uation shee    | t in the box,  | at the back of the room. |

| 1. The session me                 | t my expectatio          | ons:             |                |                                       |
|-----------------------------------|--------------------------|------------------|----------------|---------------------------------------|
| Strongly Agree                    | e 👊 Agree                | 니 Neither        | 나 Disagree     | ☐ Strongly Disagree                   |
| 2. The session con                | tent was appro           | opriate and i    | nformative:    |                                       |
| 니 Strongly Agree                  | ₹ <b>U</b> Agree         | U Neither        | ☐ Disagree     | ☐ Strongly Disagree                   |
| 3. How likely are y               | ou to use wha            | it you learne    | d today withi  | n the next 6 months?                  |
| ্ৰ Strongly Agree                 |                          | <b>○</b> Neither | ☐ Disagree     | ্র Strongly Disagree                  |
| 4. In what way(s)                 | will you apply           | the informa      | tion presented | d in this session?                    |
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| 5. What was the n                 | nost valuable a          | spect of this    | s session?     |                                       |
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| 6. What was the le                | east valuable a          | spect of this    | session?       |                                       |
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| 7. Would you be in                | eterested in att<br>🖸 No | ending a lor     | iger workshop  | on this topic?                        |
| If yes, list                      | name and em              | ail for more     | information:   |                                       |
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| 8. Comments or su (Additional Com |                          | estions can b    | e written on t | he back of this form.)                |
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| Please place the co               | ompieted evalu           | uation sheet     | t in the box,  | at the back of the room.              |

| 1. The session met m                         | •                       | ons:                       | □ Disagree                            | ⊔ Strongly Disagree                         |
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| 2. The session conte                         | nt was appro<br>🖸 Agree | opriate and i<br>O Neither | nformative:<br>→ Disagree             | ্ৰা Strongly Disagree                       |
| 3. How likely are you strongly Agree         |                         | t you learne<br>🕒 Neither  |                                       | n the next 6 months?<br>☐ Strongly Disagree |
| 4. In what way(s) wi<br>While eat<br>into or |                         |                            |                                       | in this session?  passing the mends         |
| 5. What was the mos                          | st valuable a           | spect of this              | s session?                            |   |
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| 6. What was the leas                         | it valuable a           | spect of this              | séssion?                              |   |
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| 7. Would you be inte                         |                         | ending a lor               | ger workshop                          | on this topic?                              |
| lf yes, list n                               | ame and em              | ail for more               | information:                          |   |
|  | ents or sugge           |                            |                                       | the back of this form.)                     |
| Please place the con                         | ipleted eval            | uation shee                | t in the box,                         | at the back of the room.                    |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. ] | he session met my  | expectatio                | ons:<br>🚨 Neither          | 의 Disagree                | ☑ Strongly Disagree    |  |  |
|------|--|---------------------------|----------------------------|---------------------------|------------------------|--|--|
| 2. 1 | he session content   | was appro<br>Agree        | priate and in<br>□ Neither | nformative:<br>② Disagree | 다 Strongly Disagree    |  |  |
| 3. I |  | to use what<br>Agree کفنر | t you learned<br>□ Neither | d today within            | n the next 6 months?   |  |  |
| 4. [ | n what way(s) will Third   | you apply t               | the informat               | ion presented             | I in this session?     |  |  |
|      |  |                           |                            |                           |                        |  |  |
|      | 5. What was the most valuable aspect of this session?  UNSMI CNICIABL PRESUNTY  VISUALS WEVE GILLT |                           |                            |                           |                        |  |  |
| 6. V | Vhat was the least   | valuable as               | pect of this               | session?                  |                        |  |  |
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| 7. V | 7. Would you be interested in attending a longer workshop on this topic?                           |                           |                            |                           |                        |  |  |
|      | If yes, list nar   | ne and ema                | ail for more i             | nformation:               |                        |  |  |
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|      | omments or sugges<br>Additional Commen   |                           | stions can be              | e written on t            | he back of this form.) |  |  |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The  | session met my                       | expectatio  | ns:                       |                           |                        |
|---------|--------------------------------------|-------------|---------------------------|---------------------------|------------------------|
| ت       | Strongly Agree                       | Agree       | ☐ Neither                 | → Disagree                | ☐ Strongly Disagree    |
|         | session content<br>Strongly Agree    | was appro   | priate and i<br>i Neither | nformative:<br>□ Disagree | ্র Strongly Disagree   |
| 2 1100  | u likalu nra unu t                   | a usa wha   | t vou learne              | d today within            | n the next 6 months?   |
|         | Strongly Agree                       | ∴ Agree     | E you learne<br>☐ Neither | -                         | ☐ Strongly Disagree    |
| 4. ln w | hat way(s) will                      | you apply t | the informat              | tion presented            | in this session?       |
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| € M     | cumsiances.                          |             |                           |                           |                        |
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| 6. Wha  | at was the least                     | valuable as | spect of this             | session?                  |                        |
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|         |                                      |             |                           |                           |                        |
| 7. Wou  | ıld you be intere<br>্ৰা Yes প্ৰামতি |             | ending a lor              | iger workshop             | on this topic?         |
|         | If yes, list nar                     | ne and em   | ail for more              | information:              |                        |
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|         | ments or sugges<br>litional Commen   |             | estions can b             | ne written on t           | he back of this form.) |
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| _ C     | resus No                             | i erbbic    | erate                     |                           |                        |

| 1. The session met my Strongly Agree     | expectatio  |                          | ☐ Disagree                            | ☐ Strongly Disagree      |  |  |  |
|--|---|--------------------------|---------------------------------------|--------------------------|--|--|--|
| 2. The session content<br>Strongly Agree | was appro   | -                        | nformative:<br>의 Disagree             | ධ Strongly Disagree      |  |  |  |
| 3. How likely are you t                  | _   | t you learned<br>Neither | •                                     | the next 6 months?       |  |  |  |
| 4. In what way(s) will In My (           |   |                          |                                       | in this session?         |  |  |  |
| 5. What was the most                     | 5. What was the most valuable aspect of this session? The unformation was relavant. |                          |                                       |                          |  |  |  |
|  | *   |                          |                                       |                          |  |  |  |
| 6. What was the least                    |   | •                        |                                       |                          |  |  |  |
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| 7. Would you be intered                  |   | ending a lon             | ger workshop                          | on this topic?           |  |  |  |
| If yes, list na                          | me and em   | ail for more             | information:                          |                          |  |  |  |
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|  | nts or sugge  |                          |                                       | he back of this form.)   |  |  |  |
| Please place the comp                    | sleted eval   | uation sheet             | t in the box, a                       | at the back of the room. |  |  |  |

| 1. The session met m   | y expectatio                  | ins:            |                                       |                                       |
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| → Strongly Agree   | <b>X</b> Agree                | Neither ب       | 🗀 Disagree                            |                                       |
| 3. The session conter  | st was anne                   | priets and i    | nformative:                           |                                       |
| 2. The session conter<br>Strongly Agree  |                               |                 | Disagree                              | L Strongly Disparen                   |
| A Strongly Agree   | ☐ Agree                       | Meither         | <b>□</b> Disagree                     | <b>以</b> Strongly Disagree            |
| 3. How likely are you  | to use wha                    | t you learne    | d today withii                        | n the next 6 months?                  |
| Strongly Agree   | ے Agree                       | Neither ب       | → Disagree                            |                                       |
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| 4. In what way(s) wil  |                               |                 |                                       |                                       |
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| My St.   | sdent                         | <b>5</b>        |                                       |                                       |
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| 5. What was the mos  | st valuable a                 | spect of this   | session?                              |                                       |
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| 6. What was the least  | t valuable a                  | spect of this   | session?                              |                                       |
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| 7. Would you be inte   |                               | ending a lor    | iger workshop                         | on this topic?                        |
| XX(Yes ⊔ı  |                               |                 |                                       |                                       |
| lf yes, list n   | ame and em                    | ail for more    | information:                          |                                       |
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| 8. Comments or sugg  |                               |                 |                                       |                                       |
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| I Appre  | ciate                         | the !           | Mar >+                                | was presented                         |
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# SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully 1. The session met my expectations:

| 1. The session flict my                                 | •            |                            |                              |                        |
|---|--------------|----------------------------|------------------------------|------------------------|
| Strongly Agree  | ☐ Agree      | ☐ Neither                  | <b>∟</b> Disagree            | ☐ Strongly Disagree    |
| 2. The session content                                  | was appro    | priate and in              | nformative:                  |                        |
| Strongly Agree  |              | ⊔ Neither                  | → Disagree                   | ☐ Strongly Disagree    |
| 3. How likely are you to                                |              | t you learned<br>U Neither | d today withir<br>a Disagree | n the next 6 months?   |
| 4. In what way(s) will                                  | you apply t  | he informat                | ion presented                | in this session?       |
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| 5. What was the most                                    |              |                            |                              |                        |
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| 6. What was the least                                   | valuable as  | spect of this              | session?                     |                        |
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| 7. Would you be intere                                  | seted in att | andina a lon               | aar warkeban                 | on this topic?         |
| Jes IN  |              | enumy a ion                | ger workshop                 | on this topics         |
| If yes, list na   | me and ema   | ail for more               | information:                 |                        |
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| 8. Comments or sugge<br>(Additional Commer<br>Gyeat Pre | nts or sugge |                            |                              | he back of this form.) |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The  | session met my                     | expectatio                             | ns:              |                    |                        |
|---------|------------------------------------|--|------------------|--------------------|------------------------|
| u       | Strongly Agree                     | 🚨 Agree                                | ☐ Neither        | <b>Li</b> Disagree | ☐ Strongly Disagree    |
| 2. The  | session content                    | was appro                              | priate and ir    | nformative:        |                        |
|         | Strongly Agree                     | <b>□</b> Agree                         | ☐ Neither        | ☐ Disagree         | ☐ Strongly Disagree    |
| 3. Hov  | v likely are you t                 | o use what                             | t you learned    | f today within     | the next 6 months?     |
|         | Strongly Agree                     | <b>△</b> Agree                         | <b>□</b> Neither | ධ Disagree         | ☐ Strongly Disagree    |
| 4. In v | vhat way(s) will                   | you apply t                            | the informat     | ion presented      | in this session?       |
|         |                                    |  |                  |                    |                        |
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| 5. Wh:  | at was the most                    | valuable as                            | spect of this    | session?           |                        |
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| 6. Wha  | at was the least                   | valuable as                            | spect of this    | session?           |                        |
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|         |                                    |  |                  |                    |                        |
| 7. Wou  | ild you be intere<br>다Yes 다No      |  | ending a long    | ger workshop       | on this topic?         |
|         | If yes, list nan                   | ne and ema                             | ail for more i   | nformation:        |                        |
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|         | ments or sugges<br>litional Commen |  | stions can be    | e written on th    | ne back of this form.) |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. T | he session met my                         | expectation    | ons:          |                |  |
|------|---|----------------|---------------|----------------|--|
|      | Strongly Agree                            | ☐ Agree        | ☐ Neither     | 니 Disagree     |  |
| 2 T  | he session content                        | t was annro    | noriate and i | nformative:    |  |
|      | Strongly Agree                            | □ Agree        | A Neither     | ☐ Disagree     | ☐ Strongly Disagree                    |
|      |   |                |               |                |  |
| 3. F |   |                |               |                | the next 6 months?                     |
|      | Strongly Agree                            | <b>□</b> Agree | 🔟 Neither     | ☐ Disagree     | ☐ Strongly Disagree                    |
| 4. [ | n what way(s) will                        | you apply      | the informat  | ion presented  | in this session?                       |
|      |   |                |               |                |  |
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| 5. V | lhat was the most                         | : valuable a   | spect of this | session?       |  |
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| (    | <i>J</i>                                  | 1              |               |                |  |
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| 6. V | /hat was the least                        | valuable a     | spect of this | session?       |  |
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|      |   |                |               |                | · · · · · · · · · · · · · · · · · · ·  |
|      |   |                |               |                |  |
| 7. W | dould you be intere<br>ਹ Yes <b>ਫੀ</b> No |                | ending a lon  | ger workshop   | on this topic?                         |
|      | lf yes, list na                           | me and em      | ail for more  | information:   |  |
|      |   |                |               |                |  |
| •    |   |                |               |                |  |
|      | omments or sugge                          |                |               |                |  |
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| 1. The se    | ession met my                | expectatio    | ns:            |                   |                          |
|--------------|------------------------------|---------------|----------------|-------------------|--------------------------|
| <b>∷</b> 5tr | rongly Agree                 | Agree         | ☐ Neither      | <b>山</b> Disagree | ☐ Strongly Disagree      |
| 2. The se    | ssion conten                 | t was appro   | priate and in  | nformative:       |                          |
|              | rongly Agree                 | XI Agree      | ☐ Neither      | → Disagree        | ☐ Strongly Disagree      |
| 3. How i     | ikely are you                | to use what   | t you learned  | today within      | n the next 6 months?     |
| Stı اب       | rongly Agree                 | Agree         | ☐ Neither      | ☐ Disagree        | ☐ Strongly Disagree      |
| 4. In wh     | at way(s) will               | you apply t   | he informat    | ion preșented     | f in this session?       |
|              | Good                         | Up to         | date           | into              |                          |
|              |                              |               |                |                   |                          |
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| 5 What       | was the most                 | · valuable as | enact of this  | cassion?          |                          |
| o. milat     | nas tre mosi                 | . Valuabic a. | spece or (ills | 3C33IOI1:         |                          |
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| 6. What      | was the least                | valuable as   | pect of this   | session?          |                          |
|              |                              |               |                |                   |                          |
|              |                              |               |                |                   |                          |
|              |                              |               |                |                   |                          |
| 7 Would      | you be inter                 | ested in atte | endina a lone  | ner workshop      | on this topic?           |
|              | X Yes DIN                    |               | ending a long  | ger worksnop      | on this topic:           |
|              | lf yes, list na              | me and ema    | ail for more i | nformation:       |                          |
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|              | ents or sugge<br>Ional Comme |               | stions can be  | written on t      | he back of this form.)   |
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| ricase h     | ace the coult                | neten evaln   | IACION SHEEL   | m the box, a      | at the back of the room. |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1.          | The session met my                                    | expectation    | ns:  |                   |  |
|-------------|---|----------------|--|-------------------|--|
|             | Strongly Agree  | <b>→</b> Agree | ☐ Neither  | 🗀 Disagree        | <b>△</b> Strongly Disagree   |
| 2.          | The session content                                   | was approp     | oriate and in  | formative:        |  |
|             | Strongly Agree  | 🗀 Agree        | ☐ Neither  | ☐ Disagree        | ☐ Strongly Disagree  |
| 3.          | How likely are you t                                  | o use what     | you learned  | today within      | the next 6 months?   |
|             |   | ☐ Agree        |  | <b>山</b> Dîsagree | ☐ Strongly Disagree  |
| 4.          | In what way(s) will y                                 | ou apply the   | ne information of the control of the | on presented  1   | in this session?<br>IXWCIIOI<br>ICLHIA   |
| 5.          | What was the most                                     | valuable as    | pect of this   | session?          |  |
|             |   |                |  |                   |  |
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| 6. 1        | What was the least                                    | valuable ası   | pect of this s   | ession?           |  |
|             |   |                |  |                   |  |
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|             |   |                |  |                   |  |
| 7. <b>\</b> | Nould you be intered<br>Yes نا No<br>If yes, list nam |                |  | ·                 | on this topic?   |
|             | n yes, nsenan   | ic affu cina.  | n ter more ii  | normation.        |  |
|             |   |                |  |                   | · · · · · · · · · · · · · · · · · · ·  |
|             | Comments or sugges  Additional Commen                 |                | tions can be   | written on th     | e back of this form.)  |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my                          | / expectation | ons:                                  |                              |  |
|--|---------------|---------------------------------------|------------------------------|--|
| Strongly Agree                                 | <b></b> Agree | ☐ Neither                             | ☐ Disagree                   | ☐ Strongly Disagree                      |
| 2. The session conten                          | t was appro   | priate and i                          | nformative:                  |  |
| Strongly Agree                                 | ☐ Agree       | ☐ Neither                             | 니 Disagree                   | ☐ Strongly Disagree                      |
| 3. How likely are you<br>☐ Strongly Agree      |               | t you learne<br>!! Neither            | d today withii<br>U Disagree | n the next 6 months?                     |
| 4. In what way(s) will<br>CONSCLIN             |               | the fut                               | ve                           | I in this session?                       |
| *** *** * * * * * * * * * * * * * * * *        |               |                                       |                              | · · · · · · · · · · · · · · · · · · ·    |
|  |               |                                       |                              | erene e e e e e e e e e e e e e e e e e  |
| 5. What was the most $q = \sigma f + \sigma f$ |               |                                       |                              | ing Studies                              |
|  |               |                                       |                              |  |
|  |               |                                       |                              |  |
| 6. What was the least                          | valuable as   | spect of this                         | session?                     |  |
|  |               |                                       | *                            |  |
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| · · · · · · · · · · · · · · · · · · ·          |               |                                       |                              |  |
| 7. Would you be intered ☐ Yes 💋 N              |               | ending a lon                          | ger workshop                 | on this topic?                           |
| If yes, list na                                | me and em     | ail for more                          | information:                 |  |
|  |               | · · · · · · · · · · · · · · · · · · · |                              | ·····                                    |
| you ofk  | nts or sugge  | " hal                                 | f 11 when                    | he back of this form.)<br>it looked like |

| 1. The session met my expectations:   |   |  |  |  |  |  |  |  |
|---|---|--|--|--|--|--|--|--|
| Strongly Agree 🖸 Agree 🗀 Neither 🗀 Disagree   | ☐ Strongly Disagree                               |  |  |  |  |  |  |  |
| 2. The session content was appropriate and informative:                               |   |  |  |  |  |  |  |  |
| A gtrongly Agree  | ☐ Strongly Disagree                               |  |  |  |  |  |  |  |
| 3. Hpw-likely are you to use what you learned today within                            | the next 6 months?                                |  |  |  |  |  |  |  |
| Strongly Agree  |   |  |  |  |  |  |  |  |
| 4. In what way(s) will you apply the information presented                            | in this session?                                  |  |  |  |  |  |  |  |
| Everyday is not clients   |   |  |  |  |  |  |  |  |
|   |   |  |  |  |  |  |  |  |
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|   |   |  |  |  |  |  |  |  |
| 5. What was the most valuable aspect of this session?                                 |   |  |  |  |  |  |  |  |
| this chadoline when men it easy to  |   |  |  |  |  |  |  |  |
| listen to   |   |  |  |  |  |  |  |  |
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| 6. What was the least valuable arrest of this socion?                                 |   |  |  |  |  |  |  |  |
| 6. What was the least valuable aspect of this session?                                |   |  |  |  |  |  |  |  |
| quent as gross But everything was   |   |  |  |  |  |  |  |  |
| great   |   |  |  |  |  |  |  |  |
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| 7 Menual years he interpreted in attending a fine                                     |   |  |  |  |  |  |  |  |
| 7. Would you be interested in attending a longer workshop                             | on this topic?                                    |  |  |  |  |  |  |  |
| If yes, list name and email for more information:                                     | If yes, list name and email for more information: |  |  |  |  |  |  |  |
| Name Vanthage   |   |  |  |  |  |  |  |  |
| Sharon Vauffman   |   |  |  |  |  |  |  |  |
| 8. Comments or suggestions: (Additional Comments or suggestions can be written on the | he back of this form.)                            |  |  |  |  |  |  |  |
| of like Alan Alda.  | e serves Knd                                      |  |  |  |  |  |  |  |
| Please place the completed evaluation sheet in the box, a                             |   |  |  |  |  |  |  |  |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my  | expectatio   | ns:                           |                              |  |  |  |  |  |  |
|--|--|-------------------------------|------------------------------|--|--|--|--|--|--|
| Strongly Agree   | ù Agree  | <b>以</b> Neither              | 🗓 Disagree                   | ☐ Strongly Disagree                    |  |  |  |  |  |
| 2. The session content   | t was appro  | priate and in                 | formative:                   |  |  |  |  |  |  |
| ≥ Strongly Agree   | ☐ Agree  | ☐ Neither                     | □ Dîsagree                   | ☐ Strongly Disagree                    |  |  |  |  |  |
| 3. How likely are youStrongly Agree  | to use what<br>山 Agree   | you learned یا<br>ایا Neither | l today within<br>→ Disagree | the next 6 months?                     |  |  |  |  |  |
| '  |  |                               | 5                            | - · · · ·                              |  |  |  |  |  |
| 4. In what way(s) will you apply the information presented in this session?                          |  |                               |                              |  |  |  |  |  |  |
| = will a   | pply   | thus                          | into u                       | uithin my own                          |  |  |  |  |  |
| eating c   | how  | i es y                        | vell as                      | promote 1+ to                          |  |  |  |  |  |
| My Arie  | nclo   | and                           | (termi                       | promote 1+ to                          |  |  |  |  |  |
|  | 5. What was the most valuable aspect of this session?  |                               |                              |  |  |  |  |  |  |
| The prese  | inta   | rion v                        | orus ve                      | III Phagins                            |  |  |  |  |  |
| and put  | and presented the second of th |                               |                              |  |  |  |  |  |  |
| ariel Lill   |  | rr or re                      | 7-1N                         | application pour                       |  |  |  |  |  |
| The presentation was very engaging and entertaining The application purior the session was valuable. |  |                               |                              |  |  |  |  |  |  |
| 6. What was the least valuable aspect of this session?   |  |                               |                              |  |  |  |  |  |  |
|  |  |                               |                              |  |  |  |  |  |  |
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| 7 Mould you be inter   | ested in att   | anding a lon                  | gor weekshee                 | nn this tonin?                         |  |  |  |  |  |
| 7. Would you be interested in attending a longer workshop on this topic?                             |  |                               |                              |  |  |  |  |  |  |
| If yes, list na  | me and ema   | ail for more i                | information:                 |  |  |  |  |  |  |
|  |  |                               |                              |  |  |  |  |  |  |
| 8. Comments or sugge   | ertions  |                               |                              |  |  |  |  |  |  |
|  |  | stions can b                  | e written on t               | he back of this form.)                 |  |  |  |  |  |
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|  |  |                               |                              | ······································ |  |  |  |  |  |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m                                  | y expectatio          | ons:                      |                              |   |
|---|-----------------------|---------------------------|------------------------------|---|
| Strongly Agree  | 🚨 Agree               | ্র Neither                | <b>∟</b> Disagree            | ☐ Strongly Disagree                         |
| 2. The session conten                                 | t was appro           | priate and i              | nformative:                  |   |
| Strongly Agree  | ☐ Agree               | → Neither                 | ্র Disagree                  | ☐ Strongly Disagree                         |
| 3. How likely are you<br>Strongly Agree               | to use wha<br>ಟ Agree | t you learne<br>こ Neither | d today withii<br>⊔ Disagree | n the next 6 months?<br>그 Strongly Disagree |
| 4. In what way(s) will personal }                     |                       |                           | -                            | I in this session?<br>Uer plates,           |
| greater a   | varnez                | <b>)</b>                  |                              | •   |
|   |                       |                           |                              |   |
| 5. What was the mos                                   |                       |                           |                              |   |
|   |                       |                           |                              |   |
|   |                       |                           |                              |   |
| 6. What was the leas                                  | t valuable a          | spect of this             | s session?                   |   |
|   |                       |                           |                              |   |
|   |                       |                           |                              |   |
|   |                       |                           |                              |   |
| 7. Would you be inter                                 |                       | tending a loi             | nger workshop                | on this topic?                              |
| •   |                       |                           | information:                 |   |
| will be   | atte                  | iding to                  | oday                         |   |
| 8. Comments or sugg<br>(Additional Comme<br>Very Evic |                       |                           | be written on I              | the back of this form.)                     |
|   |                       |                           |                              |   |

| 1. The session met my                             | expectation                             | ons:          |                |                          |  |  |  |
|---|---|---------------|----------------|--------------------------|--|--|--|
| Strongly Agree                                    | ☐ Agree                                 | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree      |  |  |  |
| 2. The session content                            | was appro                               | priate and i  | nformative:    |                          |  |  |  |
| Strongly Agree                                    | ☐ Agree                                 | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree      |  |  |  |
| 3. How likely are you                             | to use wha                              | t you learne  | d today withi  | n the next 6 months?     |  |  |  |
| Strongly Agree                                    | ☐ Agree                                 | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree      |  |  |  |
| 4. In what way(s) will                            | you apply                               | the informat  | ion presented  | I in this session?       |  |  |  |
|   |   |               |                |                          |  |  |  |
| On hopy the                                       | ini                                     | he ophic      | able in m      | typorard 7               |  |  |  |
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| 5. What was the most                              |   |               |                |                          |  |  |  |
| The parts were duet & to the paint and easy       |   |               |                |                          |  |  |  |
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| 0.100   |   |               |                |                          |  |  |  |
| 6. What was the least                             | valuable a                              | spect of this | session?       |                          |  |  |  |
|   |   |               |                |                          |  |  |  |
| ***************************************           |   |               | *****          |                          |  |  |  |
|   | *************************************** | ·····         |                |                          |  |  |  |
| 7. Would you be interes                           | sted in att                             | ending a lor  | ger workshop   | on this topic?           |  |  |  |
| Yes 🗆 No  |   |               | •              |                          |  |  |  |
| If yes, list name and email for more information: |   |               |                |                          |  |  |  |
|   |   |               |                |                          |  |  |  |
| 8. Comments or sugge                              | stions:                                 |               |                |                          |  |  |  |
|   |   | estions can b | e written on t | he back of this form.)   |  |  |  |
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| 1. The session met my Strongly Agree   | expectatio   | ns:<br>□ Neither                       | ☐ Disagree                             | 니 Strongly Disagree                         |  |  |  |
|--|--|--|--|---|--|--|--|
| 2. The session content   |  | priate and in                          | nformative:<br>□ Disagree              | ☐ Strongly Disagree                         |  |  |  |
| 3. How likely are you to Strongly Agree  | to use what<br>□ Agree                                 |  | today withir                           | n the next 6 months?<br>⇒ Strongly Disagree |  |  |  |
| 4. In what way(s) will you apply the information presented in this session?  I will be more aware of portion size and share the info with my family. |  |  |  |   |  |  |  |
| 5. What was the most ending  | ips  | · · · · · · · · · · · · · · · · · · ·  |  |   |  |  |  |
| 6. What was the least  | 6. What was the least valuable aspect of this session? |  |  |   |  |  |  |
|  |  |  |  |   |  |  |  |
| 7. Would you be interested in attending a longer workshop on this topic?   |  |  |  |   |  |  |  |
| If yes, list na  | me and ema   | ail for more                           | information:                           |   |  |  |  |
| 8. Comments or sugge<br>(Additional Commer   |  | stions can b                           | e written on t                         | he back of this form.)                      |  |  |  |
|  |  | ·· · · · · · · · · · · · · · · · · · · | ······································ |   |  |  |  |
| Please place the comp  | iteted evalu   | uation sheet                           | in the box, a                          | at the back of the room.                    |  |  |  |

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. | The session met   | my expectation | ons:          |                   |                         |
|----|-------------------|----------------|---------------|-------------------|-------------------------|
|    | এ Strongly Agree  | Agree          | ☐ Neither     | <b>∟</b> Disagree | → Strongly Disagree     |
| 2. | The session cont  | ent was appro  | opriate and i | nformative:       |                         |
|    | Strongly Agree    | 🔾 Agree        | ☐ Neither     | 🗋 Disagree        | ☐ Strongly Disagree     |
| 3. | How likely are yo |                | t you learne  | d today withi     | in the next 6 months?   |
|    | Strongly Agree    | Agree          | ☐ Neither     | ☐ Disagree        | ☐ Strongly Disagree     |
| 4. | In what way(s) v  | vill you apply | the informa   | tion presente     | d in this session?      |
|    | Examples          | IM Scho        | 013.          |                   |                         |
|    |                   |                |               |                   |                         |
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|    |                   |                |               |                   |                         |
| 5. | What was the m    |                | •             |                   | ,                       |
|    | Reservation 1     | in glass.      | shape 2       | -derung           | (purtion sizes)         |
|    | 4 · · ·           |                |               |                   |                         |
|    |                   |                |               |                   |                         |
|    |                   |                |               |                   |                         |
| 6. | What was the le   | ast valuable a | spect of this | s session?        |                         |
|    |                   |                |               |                   |                         |
|    |                   |                |               |                   |                         |
|    |                   |                |               |                   |                         |
| 7  | Would you be in   | terested in at | tandina a lor | age workebo       | n on this tonic?        |
| ٠. | , i               | Ji No          | tending a for | iger worksho      | p on this topic:        |
|    | $\boldsymbol{c}$  | name and em    | ail for more  | information:      |                         |
|    | //                |                |               |                   |                         |
|    |                   |                |               |                   |                         |
|    | Comments or sug   |                |               |                   |                         |
|    | (Additional Comi  | ments or sugg  | estions can l | be written on     | the back of this form.) |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. | The session met m  | y expectation | ons:           |               |                         |  |  |  |
|----|--|---------------|----------------|---------------|-------------------------|--|--|--|
|    | Strongly Agree   | ☐ Agree       | ☐ Neither      | ☐ Disagree    | ☐ Strongly Disagree     |  |  |  |
| 2. | The session conter   | nt was appro  | priate and i   | nformative:   |                         |  |  |  |
|    | Strongly Agree   | ☐ Agree       | ☐ Neither      | ☐ Disagree    | ☐ Strongly Disagree     |  |  |  |
| 3. | How likely are you   | to use wha    | t you learne   | d today withi | n the next 6 months?    |  |  |  |
|    | Strongly Agree   | ☐ Agree       | ☐ Neither      | ☐ Disagree    | ☐ Strongly Disagree     |  |  |  |
| 4. | 4. In what way(s) will you apply the information presented in this session?  Having the Research to back  the info we teach always |               |                |               |                         |  |  |  |
| (  | rugo o   | cma_(         | Ju s           | xamp          | aw awa.                 |  |  |  |
| 5. | What was the mos   |               | espect of this | 1             | Lealistic               |  |  |  |
| 6. | What was the lease  A bit  fast  | ot valuable a | spect of this  | session?      | n to                    |  |  |  |
| 7. | Would you be inte  | No            |                | information:  |                         |  |  |  |
|    | Comments or sugg<br>(Additional Comm   |               | estions can l  | ne written on | the back of this form.) |  |  |  |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| Research WI telling Results   |
|---|
| Strongly Agree J Agree J Neither J Disagree J Strongly Disagree  3. How likely are you to use what you learned today within the next 6 months?  J Strongly Agree J Agree J Neither J Disagree J Strongly Disagree  4. In what way(s) will you apply the information presented in this session?  SMRL INTORMATION WITH STATE  5. What was the most valuable aspect of this session?  RESCARCH WI TENING RESULE |
| Strongly Agree J Agree J Neither J Disagree J Strongly Disagree  3. How likely are you to use what you learned today within the next 6 months?  J Strongly Agree J Agree J Neither J Disagree J Strongly Disagree  4. In what way(s) will you apply the information presented in this session?  SMRL INTORMATION WITH STATE  5. What was the most valuable aspect of this session?  RESCARCH WI TENING RESULE |
| Strongly Agree Agree U Neither U Disagree U Strongly Disagree  4. In what way(s) will you apply the information presented in this session?  SMRU INTO MATTIN WITH STATE  5. What was the most valuable aspect of this session?  RESCARCH WI TEILING RESULTS   |
| 4. In what way(s) will you apply the information presented in this session?  SMRL INTOCMATION WITH STATE  5. What was the most valuable aspect of this session?  RESEARCH WI TEILING RESULTS  |
| SMRL INTORMATION WITH Staff  5. What was the most valuable aspect of this session?  RESEARCH WI TEILING RESULTS   |
| 5. What was the most valuable aspect of this session?  RESEARCH WI TEILING RESULTS  |
| 5. What was the most valuable aspect of this session?  RESEARCH WI TEILING RESULTS  |
| 5. What was the most valuable aspect of this session?  RESEARCH WI TEILING RESULTS  |
| Research WI telling Results   |
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| 3. What was the least valuable aspect of this session?  |
| 5. What was the least valuable aspect of this session?  |
| A 1 / A   |
| N/A   |
|   |
|   |
| 7. Would you be interested in attending a longer workshop on this topic?  |
| If yes, list name and email for more information:   |
| · /   |
|   |
| 3. Comments or suggestions:   |
| (Additional Comments or suggestions can be written on the back of this form.)   |
|   |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m                                | y expectation | ons:            |                |  |
|---|---------------|-----------------|----------------|--|
| Strongly Agree                                      | ☐ Agree       | ☐ Neither       | ☐ Disagree     | ☐ Strongly Disagree                      |
| 2. The session conten                               | it was appro  | priate and i    | nformative:    |  |
| Strongly Agree                                      | ☐ Agree       | ☐ Neither       | ☐ Disagree     | ☐ Strongly Disagree                      |
| 3. How likely are you ☐ Strongly Agree              | to use wha    | t you learne    | d today withi  | n the next 6 months? ☐ Strongly Disagree |
| 4. In what way(s) wil                               | 11 1          | the information |                | I in this session?                       |
| 5. What was the mos                                 |               | spect of this   |                | ples                                     |
| 6. What was the least                               | t valuable as | spect of this   | session?       |  |
| 7. Would you be inter<br>Yes □ N<br>If yes, list na | o             |                 |                | on this topic?                           |
| 8. Comments or sugge<br>(Additional Comme<br>EVPO   |               | estions can b   | e written on t | he back of this form.)                   |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

|            | e session met my<br>Strongly Agree     | expectatio<br>Agree                   | ns:              | <b>□</b> Disagree            | ☐ Strongly Disagree                       |
|------------|--|---------------------------------------|------------------|------------------------------|---|
|            | e session content                      |                                       | •                |                              |   |
| ت          | Strongly Agree                         | Agree Agree                           | <b>○</b> Neither | 니 Disagree                   | ☐ Strongly Disagree                       |
|            | w likely are you t<br>I Strongly Agree |                                       |                  | i today withir<br>□ Disagree | n the next 6 months?  © Strongly Disagree |
| 4. In 1    | what way(s) will                       | you apply t                           | the informat     | ìon presented                | in this session?                          |
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| 5. Wh      | at was the most                        | valuable a                            | spect of this    | session?                     |   |
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| 6. Wh      | at was the least                       | valuable as                           | spect of this    | session?                     |   |
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| <br>7. M/a | uld you be intere                      | etad in att                           |                  |                              |   |
| 7. #10     | uld you be intere<br>U Yes U No        |                                       | enung a ion      | ger workshop                 | on this topic?                            |
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|            | mments or sugges<br>Iditional Commen   |                                       | estions can b    | e written on t               | he back of this form.)                    |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my  | , expectatio | ns:           |                          |                           |  |  |  |  |
|--|--------------|---------------|--------------------------|---------------------------|--|--|--|--|
| → Strongly Agree   | ্র Agree     | ☐ Neither     | <b>山</b> Disagree        | X Strongly Disagree       |  |  |  |  |
| 2. The session content was appropriate and informative:  |              |               |                          |                           |  |  |  |  |
| ্র Strongly Agree  | ☐ Agree      | □ Neither     | 니 Disagree               | Strongly Disagree         |  |  |  |  |
| 3. How likely are you to use what you learned today within the next 6 months?  |              |               |                          |                           |  |  |  |  |
| □ Strongly Agree   | 🗀 Agree      | ☐ Neither     | Disagree                 | ଧ Strongly Disagree       |  |  |  |  |
| 4. In what way(s) will   | you apply t  | the informat  | ion presented            | f in this session?        |  |  |  |  |
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| 5. What was the most   | t valuable a | spect of this | session?                 |                           |  |  |  |  |
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| 6. What was the least valuable aspect of this session?  This presculation was neither returnt nor accurate.  I would like Dr. Painter to consider the systemic reasons that lead to obesitys It has a lready been proven that obesity and the obesity 7. Would you be interested in attending a longer workshop on this topic? epidemic about move the standard of the provention of |              |               |                          |                           |  |  |  |  |
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**SESSION TITLE:** 

Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: ★ Strongly Agree ■ Agree □ Disagree □ Strongly Disagree 2. The session content was appropriate and informative: Strongly Agree → Agree 🗀 Neither 3. How likely are you to use what you learned today within the next 6 months? Strongly Agree 🚨 Agree 🗀 Neither Disagree □ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? you easy to underestand apply what I learned 5. What was the most valuable aspect of this session? The TIPS The speaker 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic? Yes ŭ No If yes, list name and email for more information: Pfabregas @ veanr. edu 8. Comments or suggestions: regtions can be written on the back of this form.) (Additional Comments or sug

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

|          | session met my<br>Strongly Agree  | expectation    | ns:<br>👊 Neither | <b>∐</b> Disagree | → Strongly Disagree  |  |  |  |
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| 4. In w  | 4. In what way(s) will you apply the information presented in this session? |                |                  |                   |  |  |  |  |
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| 7. Wou   | ild you be intere   |                | ending a long    | jer workshop      | on this topic?   |  |  |  |
|          | If yes, list na   | me and ema     | il for more i    | nformation:       |  |  |  |  |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my Strongly Agree  | y expectatio<br>Agree  | nS:<br>□ Neither         | ച Disagree                   | ☐ Strongly Disagree  |  |  |  |  |
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| 3. How likely are you<br>\(\sum_1 \) Strongly Agree   | to use what<br>ವ Agree | t you learned<br>Neither | d today withir<br>⊔ Disagree | the next 6 months?  ☐ Strongly Disagree  |  |  |  |  |
| 4. In what way(s) will  |                        |                          |                              |  |  |  |  |  |
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| 5. What was the mos   | t valuable a           | spect of this            | session?                     |  |  |  |  |  |
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| 6. What was the least valuable aspect of this session?  |                        |                          |                              |  |  |  |  |  |
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| 7. Would you be interested in attending a longer workshop on this topic?                                  |                        |                          |                              |  |  |  |  |  |
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| 8. Comments or suggestions: (Additional Comments or suggestions can be written on the back of this form.) |                        |                          |                              |  |  |  |  |  |
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| 1. The session   |
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| 1. The session met my expectations:  |
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| 1. The session me                        | et my expectati                         | ions:           |   |  |
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| ☐ Strongly Agre                          | ee Agree                                | □ Neither       | <b>□</b> Disagree                       | 니 Strongly Disagree  |
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| 1. The session met m  | v expe <i>o</i> tati     | ons.           |                      |                                 |
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| ☐ Strongly Agree  | Agree                    | ☐ Neither      | F2 P1                |                                 |
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| 1. The session met m   | y expectati       | ons:                                  |                |  |
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SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: **Ы** Strongly Agree 🔾 Disagree 💢 Strongly Disagree Neither 2. The session content was appropriate and informative: ☐ Strongly Agree ∆ Agree → Neither ☐ Strongly Disagree 3. How fikely are you to use what you learned today within the next 6 months? **□** Agree → Disagree Neither ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? I will use the many ways we increase partions (surroundings) people plate size) 5. What was the most valuable aspect of this session? and the second of the second o 6. What was the least valuable aspect of this session? Did not apply to low-income Audiences Whight focused 7. Would you be interested in attending a longer workshop on this topic? If yes, list name and email for more information: Ihhudak@ceopropienelpingpeople org

8. Comments or suggestions: (Additional Comments or suggestions can be written on the back of this form.)

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m   | y expectation | ons:                     |                |  |
|--|---------------|--------------------------|----------------|--|
| ☐ Strongly Agree   | Agree         | ☐ Neither                | ☐ Disagree     | ☐ Strongly Disagree                      |
| 2. The session conten  | t was appro   | opriate and i            | nformative:    |  |
| Strongly Agree   | 🗅 Agree       | ☐ Neither                | ☐ Disagree     | Strongly Disagree                        |
| ,  | to use wha    | it you learne<br>Neither | d today withi  | n the next 6 months? ☐ Strongly Disagree |
| 4. In what way(s) will                                       | you apply     | the informat             | cion presented | I in this session?                       |
| Port   | ion Co        | utral i                  | nessage        | es will be                               |
|  |               | he                       | elpfi          | f.                                       |
| 5. What was the mos  |               |                          |                |  |
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|  | He            | 15 a                     | great          | t speaker                                |
|  |               |                          | 0              | <b>V</b>                                 |
| 6. What was the least  | valuable a    | spect of this            | session?       |  |
|  |               |                          |                |  |
| 7. Would you be inter  |               | ending a lon             | ger workshop   | on this topic?                           |
| If yes, list na  | me and em     | ail for more             | information:   |  |
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| <ol> <li>Comments or sugge<br/>(Additional Comme)</li> </ol> |               | estions can b            | e written on t | he back of this form.)                   |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met m                  | y expectation | ons:          |  |                         |
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| Strongly Agree                        | ☐ Agree       | Neither       | ☐ Disagree   | ☐ Strongly Disagree     |
| 2. The session conter                 | nt was appro  | opriate and i | nformative:  |                         |
| Strongly Agree                        | ☐ Agree       | ☐ Neither     | ☐ Disagree   | Strongly Disagree       |
| 3. How likely are you  Strongly Agree | to use wha    |               |  | n the next 6 months?    |
| ☐ Strongly Agree                      | M Agree       | ☐ Neither     | ☐ Disagree   | ☐ Strongly Disagree     |
| 4. In what way(s) will portion        | ST - 500 ST   |               | tion presented   | d in this session?      |
| 5. What was the most and since        |               |               |  | troncl                  |
| 6. What was the leas                  |               |               | session?   |                         |
| 7. Would you be inter                 | No            |               | iger workshop  | on this topic?          |
|                                       | ents or sugge |               | and the second s | the back of this form.) |

SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

|                   | ession met my                    | expectatio              | ns:              |   |  |
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| Ø.                | trongly Agree                    | 山 Agree                 | <b>○</b> Neither | 다 Disagree                              | ☐ Strongly Disagree                    |
| 2. The s          | ession content                   | was appro               | priate and in    | formative:                              |  |
|                   | trongly Agree                    | <b>□</b> Agree          | ☐ Neither        | ☐ Disagree                              | ☐ Strongly Disagree                    |
| 3. How            | likely are you t                 | to use what             | you learned      | today within                            | the next 6 months?                     |
| ) <b>24</b> (\$1  | trongly Agree                    | 🖸 Agree                 |                  | 🗓 Disagree                              | ☐ Strongly Disagree                    |
|                   |                                  |                         |                  |   | in this session?                       |
| TIZ               | <del>opubaru</del>               | te the                  | Smaller          | - plates                                | silvenume, etc.                        |
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| 5. What           | was the most                     | valuable as             | spect of this    | session?                                |  |
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| 6. What           | was the least                    | vaiuable as             | pect of this     | session?                                |  |
| N                 | A                                |                         |                  |   |  |
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| 7. Would          | l yoju be intere.<br>Xi res 🗀 No | sted in atte            | nding a long     | jer workshop                            | on this topic?                         |
| _/                | If yes, list nan                 | ne and ema              | il for more i    | nformation:                             |  |
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| 8. Comm<br>(Addit | ents or sugges<br>ional Commen   | itions:<br>ts or suaae: | stions can be    | written on th                           | e back of this form.)                  |
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| Session : | TITLE:  |   |       |     |        |     |
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| Breakfast | Keynote | _ | Let's | Eat | Mindfu | lly |

Great!

| 1. The session m      | et my expectatio    | ins:          |                   |                        |              |
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| Strongly Ag           |                     | 🔾 Neither     | <b>□</b> Disagree | ☐ Strongly Disagree    |              |
| 2 The session or      | ontent was appro    | inriate and i | nformative:       |                        |              |
| Strongly Ag           |                     | Neither       | ☐ Disagree        | ☐ Strongly Disagree    |              |
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|                       |                     |               |                   | n the next 6 months?   |              |
| <b>⊌</b> ∕Strongly Ag | ree 🔛 Agree         | ☐ Neither     | <b>□</b> Disagree | ☐ Strongly Disagree    |              |
| 4. In what way(s      | s) will you apply t | the informat  | tion presented    | I in this session?     |              |
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|                       | most valuable a     |               |                   |                        |              |
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|                       |                     |               | 5 5               | ,                      |              |
|                       |                     |               |                   |                        |              |
|                       |                     |               |                   |                        |              |
| 6. What was the       | least valuable as   | spect of this | session?          |                        |              |
| WA                    |                     |               |                   |                        |              |
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|                       | interested in att   | ending a lon  | ger workshop      | on this topic?         |              |
| Yes                   | <b>⇒</b> No         |               |                   |                        |              |
| If yes, I             | ist name and em     | ail for more  | information:      |                        |              |
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|                       |                     |               |                   |                        |              |
| 3. Comments or :      | suggestions:        |               |                   |                        |              |
| (Additional Co        | mments or sugge     | stions can b  | e written on t    | he back of this form.) |              |
| Keep                  | Dr. Jim             | Pari          | ter co            | ming back.             | 1            |
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|        | session met my<br>Strongly Agree       | Agree                      | ons:<br>(1) Neither | <b>그</b> Disagree             | 니 Strongly Disagree      |
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|        | session content<br>Strongly Agree      | t was appro                |                     | nformative:<br>コ Disagree     | 니 Strongly Disagree      |
|        | w likely are you<br>Strongly Agree     | to use wha                 |                     | d today withi<br>Disagree     | n the next 6 months?     |
|        | I'm goi                                | ng to                      | purcha<br>a plod    | IL                            | I in this session?       |
| 5. Wh  | at was the most                        | valuable a                 | spect of this       | session?                      |                          |
|        |  |                            |                     |                               |                          |
| 6. Wh: | at was the least<br>エッレ らん             | valuable as<br>M th<br>Mut | spect of this       | session?<br>scritati<br>ainkr | m before,<br>is great!   |
| 7. Wot | uld you be intere                      |                            | ending a lon        | ger workshop                  | on this topic?           |
|        | if yes, list na                        | me and em                  | ail for more        | information:                  |                          |
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| 1.  | The session met my   | expectation            | ons;          |                 |  |
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|     | Strongly Agree       | <b>_l</b> Agree        | ☐ Neither     | 🖰 Disagree      | 🗅 Strongly Disagree  |
| י   | The session content  | · UIDE ODDE            | priata and i  | afarmativo.     |  |
| ۷.  | _                    | . was appro<br>□ Agree |               | Disagree        | ☐ Strongly Disagree  |
|     |                      | •                      |               | -               | •  |
| 3.  |                      |                        |               |                 | n the next 6 months?   |
|     | ter Strongly Agree   | 🗀 Agree                | → Neither     | ☐ Disagree      | ☐ Strongly Disagree  |
| 4.  | In what way(s) will, | vou apołv              | the informat  | ion presented   | Lin this session?  |
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| 5.  | What was the most    | valuable a             | spect of this | session?        |  |
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| 6.  | What was the least   | valuable a             | snect of this | session?        |  |
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| (   | DI POLL              | JOHN                   |               | ,<br>           | psychology   |
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| 7.  | Would you be intere  | sted in att            | ending a lon  | ger workshop    | on this topic?   |
|     | € Yes ☐ No           | ;                      |               |                 |  |
|     | lf yes, list nar     | ne and em              | ail for more  | information:    |  |
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| Ple | ase place the comp   | leted evali            | uation sheet  | t in the box, : | at the back of the room.   |

SESSION TITLE:

Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: Strongly Agree → Neither 🚨 Disagree Strongly Disagree 2. The session content was appropriate and informative: Ji Strongly Agree 🔾 Agree Neither → Disagree ☐ Strongly Disagree 3. How Jikely are you to use what you learned today within the next 6 months? Strongly Agree ■ Agree → Neither Disagree ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? Tools/tips on eating out ? Showing those w/ Clients 5. What was the most valuable aspect of this session? Seeing the reality of Obesity 6. What was the least valuable aspect of this session? Presented @ another conference-7. Would you be interested in attending a longer workshop on this topic? → Yes MV If yes, list name and email for more information: 8. Comments or suggestions: (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

Thank you for your nork - 1+5

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The  | session met my    | expectatio     | ns:           |                |                                       |
|---------|-------------------|----------------|---------------|----------------|---------------------------------------|
| Æ.      | Strongly Agree    | ⊔ Agree        | (4) Neither   | ☐ Disagree     | → Strongly Disagree                   |
| 2. The  | session content   | was appro      | priate and i  | nformative:    |                                       |
| 4       | Strongly Agree    | 🗀 Agree        | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree                   |
| 3. How  | lijkely are you t | to use wha     | t you learne  | d today within | n the next 6 months?                  |
|         | Strongly Agree    | <b>□</b> Agree |               | ☐ Disagree     | ☐ Strongly Disagree                   |
| 4. In w | hat way(s) will   | you apply t    | the informat  | tion presented | I in this session?                    |
| !       | 30, 11me, a       | bout,          | 2018/09       | ر (VS)         | I will pary                           |
|         | 7 Kc              | Infai-         | J. C.         | FOR MA         | z canitis.                            |
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| 6. Wha  | t was the least   | valuable as    | spect of this | session?       |                                       |
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|         |                   |                |               |                |                                       |
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| 7. Wou  | ld you be intere  | sted in att    | endina a Ion  | ger workshop   | on this tonic?                        |
|         | Ti Yes Ti No      |                | 2             | <b>J</b>       |                                       |
|         | If yes, list nar  | me and em      | ail for more  | information:   |                                       |
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|         | ments or sugge    |                |               |                |                                       |
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| 1. The session met                     | my expectation         | ns:                     |                            |                                       |
|--|------------------------|-------------------------|----------------------------|---------------------------------------|
| <b>⅓</b> Strongly Agree                | → Agree                | Neither                 | 🕒 Disagree                 | → Strongly Disagree                   |
| 2. The session conto                   | ent was anarc          | oniate and i            | nformatives                |                                       |
| Strongly Agree                         | u Agree⊔ Agree         | Hate and 1<br>□ Neither | informative.<br>☐ Disagree | ☐ Strongly Disagree                   |
| as Strongly rigite                     | □ Agicc                | G Weither               | → Disagree                 | a strongly bisagree                   |
| _                                      |                        |                         | d today withi              | n the next 6 months?                  |
| 如Strongly Agree                        | Agree 🗘                | 🗀 Neither               | 🗀 Disagree                 | □ Strongly Disagree                   |
| 4. In what way(s) w                    | A .                    |                         | tool for                   | I in this session?                    |
|  |                        |                         |                            |                                       |
| 5. What was the mo                     |                        |                         |                            | in application                        |
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| 6. What was the lea                    | ist valuable a         | spect of this           | session?                   |                                       |
|  |                        |                         |                            |                                       |
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|  |                        |                         |                            |                                       |
| 7. Would you be int<br>ت Yes           | erested in att<br>I No | ending a lor            | iger workshop              | on this topic?                        |
| If yes, list                           | name and em            | ail for more            | information:               |                                       |
| Mc Kenne                               | Welsis                 | (21°                    | nw1348                     | @ me 55 Bredu                         |
| 8. Comments or sug<br>(Additional Comn |                        | estions can b           | e written on t             | he back of this form.)                |
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| Please place the co                    | mpleted eval           | uation shee             | t in the box,              | at the back of the room.              |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The sessio              | n met my               | expectation           | ns:                        |                |                                       |
|----------------------------|------------------------|-----------------------|----------------------------|----------------|---------------------------------------|
| Strong                     | y Agree                | □ Agree               | → Neither                  | → Disagree     | ☐ Strongly Disagree                   |
| 2. The sessio              |                        | was appro             | priate and i               | nformative:    |                                       |
| <b>∑</b> Strongl           | y Agree                | □ Agree               | <b>U</b> Neither           | ☐ Disagree     | ☐ Strongly Disagree                   |
| 3. How likely              | r are you t<br>y Agree | to use wha<br>🗀 Agree | t you learner<br>ਪ Neither | d today within | n the next 6 months?                  |
| in t                       | iach                   | ing u                 | inal B                     | ubhic          | lin this session?<br>Leceth/Muto +12  |
| 5. What was                | Stu                    | clies.                |                            | 4 4/           | razorg is                             |
|                            | ع ساد                  | 12c S                 | Liko                       | 7 port         | have been                             |
| . Care                     | ££                     | <b>در</b> ا           | trears?                    |                |                                       |
|                            |                        |                       |                            |                | · · · · · · · · · · · · · · · · · · · |
| 7. Would you               |                        |                       | ending a lon               | ger workshop   | on this topic?                        |
| lf ye                      | s, list nar            | ne and ema            | ail for more               | information:   |                                       |
|                            |                        |                       |                            |                |                                       |
| 8. Comments<br>(Additional |                        |                       | stions can b               | e written on t | he back of this form.)                |
|                            |                        |                       |                            |                |                                       |
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SESSION TITLE:

#### Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: Strongly Agree **□** Agree □ Disagree Strongly Disagree 2. The session content was appropriate and informative: Strongly Agree → Agree ☐ Neither → Disagree ... □ Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? ¥ Strongly Agree □ Agree **U** Neither Disagree ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? Talk more about how people think which it comes to part ion sizes, to my purticipants. 5. What was the most valuable aspect of this session? awyet the psychology behind over teca partioning nabits. 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic? If yes, list name and email for more information: HOLLY SEEDEN - HISCOPSULEDLY 8. Comments or suggestions: (Additional Comments or suggestions can be written on the back of this form.) AUCECIME presenter, kept us

Please place the completed evaluation sheet in the box, at the back of the room.

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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1  | . The session met my                     | expectation      | ons:                      |                   |                        |
|----|--|------------------|---------------------------|-------------------|------------------------|
|    | Strongly Agree                           | <b>∟</b> l Agree | <ul><li>Neither</li></ul> | <b>⊔</b> Disagree | ☐ Strongly Disagree    |
| 2  | . The session content                    | t was appro      | priate and i              | nformative:       |                        |
|    | ار کا پاکستان Strongly Agree             | □ Agree          | ☐ Neither                 | 니 Disagree        | ☐ Strongly Disagree    |
| 3  | . How likely are you                     | to use wha       | t you learne              | d today withir    | n the next 6 months?   |
|    | A Strongly Agree                         | ے Agree          | → Neither                 | <b>∟</b> Disagree | ☐ Strongly Disagree    |
| 4  | . In what way(s) will                    |                  |                           |                   |                        |
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|    | applications.                            |                  | ny std                    | ents              |                        |
|    |  |                  |                           |                   |                        |
| 5  | . What was the most                      | valuable a       | spect of this             | session?          |                        |
|    | Restablish                               | <del>).</del>    |                           |                   |                        |
|    |  |                  |                           |                   |                        |
|    |  |                  |                           |                   |                        |
| 6. | What was the least                       | valuable a:      | spect of this             | session?          |                        |
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|    |  |                  |                           |                   |                        |
|    |  |                  |                           |                   |                        |
| 7. | Would you be intere                      |                  | ending a lon              | ger workshop      | on this topic?         |
|    | If yes, list nar                         |                  | ail for more              | information:      |                        |
|    | •  |                  |                           |                   |                        |
|    |  |                  |                           |                   |                        |
| 8. | Comments or suggest (Additional Comments |                  | estions can b             | e written on te   | he back of this form.) |
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|    |  |                  |                           |                   |                        |
|    |  |                  |                           |                   |                        |

| 1. The session met m                           | y expectati                  | ons:                             |                     | 10 3                  |
|--|------------------------------|----------------------------------|---------------------|-----------------------|
| ☐ Strongly Agree                               | ☐ Agree                      | ☐ Neither                        | ☐ Disagree          | Strongly Disagree     |
| 2. The session conten                          | t was onne                   |                                  |                     | Thongry Disagree      |
| ☐ Strongly Agree                               | □ Agree                      |                                  |                     | W                     |
|  | (Z.)                         | ☐ Neither                        | ☐ Disagree          | Strongly Disagree     |
| <ol><li>How likely are you</li></ol>           | to use wha                   | t vou learne                     | d today with        | in the next 6 months? |
| 37. 3.00                                       | - Agree                      | ☐ Neither                        | □ Disagree          | Strongly Disagree     |
| 4. In what way(s) will                         | you apply                    | the informat                     | ion presente        | d in this session?    |
| 5. What was the most The gener Example         | valuable as<br>m(cor<br>S of | spect of this<br>neepto<br>how n | session?<br>of port | ion Size.<br>educate. |
| 6. What was the least of Simplistical Content. | offens                       | ive ana                          | ession?<br>Logies.  | Lack of nutritio      |
| 7. Would you be interes                        |                              |                                  |                     | on this topic?        |
| If yes, list name                              | e and email                  | for more in                      | formation:          |                       |
| . Comments or suggesti                         | ons:                         |                                  |                     |                       |
| (Additional Comments                           | or suggest                   | ions can be v                    | vritten on the      | back of this form     |
| Please do                                      | n't by                       | ina thi                          | c hack              | - A G GIIS TOTTIL.J   |
| This   | ( ) (                        | 2 1 - 1                          | S Day               |                       |
|  |                              |                                  |                     | pointing              |
| ease place the complet                         | ed evaluat                   | ion sheet in                     | the box, at         | the back of the room. |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m                      | ıy expectatir           | ons:                       |   |   |
|---|-------------------------|----------------------------|---|---|
| ্র Strongly Agree                         | <b>□</b> Agree          | 🗀 Neither                  | ☐ Disagree                              | ∠ Strongly Disagree                     |
| 2. The session conter                     | nt was appro            | opriate and i              | nformative:                             |   |
| ☐ Strongly Agree                          | ୍ର Agree                | ☐ Neither                  | ☐ Disagree                              | Strongly Disagree                       |
| 3. How likely are you<br>⊔ Strongly Agree | i to use wha<br>□ Agree | nt you learne<br>⊔ Neither | d today withi                           | n the next 6 months?                    |
| 4. In what way(s) wil                     | l vou apply             | the informat               | ion presenter                           |   |
| ii iii maa maa maa maa                    | i you appiy             | the informati              | Ton presented                           | 1 III (1115 2C251011)                   |
|   |                         |                            |   |   |
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|   |                         |                            | • |   |
| 5. What was the mos                       | st valuable a           | spect of this              | session?                                |   |
| 1 carni                                   | ing 1                   | NOW                        | NOT +                                   | o approach                              |
| weignt                                    | ma                      | nage                       | Men-                                    | t, nuchition,                           |
| prevat                                    | al V                    | Malti                      | 1, GY                                   | science.                                |
| 6. What was the leas                      | t valuable a            | spect of this              | session?                                |   |
| The i                                     | Nay                     | the                        | prese                                   | nter spoice                             |
| twodus                                    | wei                     | gn+                        | and                                     | those who                               |
| are a                                     | rey wo                  | ei ant                     | Man                                     | u comment                               |
| 7. Would you be inter                     | nneprested in att       | ending a lon               | ate o<br>ger workshop                   | y Commented in Sensitive on this topic? |
| lf yes, list na                           | ame and em              | ail for more               | information:                            |   |
|   |                         |                            |   | ······································  |
| 8. Comments or sugg<br>(Additional Comme  |                         | estions can b              | e written on t                          | he back of this form.)                  |
|   | 104                     |                            |   | presenter                               |

| 1. The session met m                      | y expectati  | ons:           |                |                          |
|---|--------------|----------------|----------------|--------------------------|
| Strongly Agree                            | ☐ Agree      | ☐ Neither      | ☐ Disagree     | ☐ Strongly Disagree      |
| 2. The session conten                     | t was appro  | opriate and i  | nformative:    |                          |
| Strongly Agree                            | ☐ Agree      | ☐ Neither      | ☐ Disagree     | ☐ Strongly Disagree      |
| 3. How likely are you                     | to use wha   | at you learne  | d today withi  | n the next 6 months?     |
| Strongly Agree                            | ☐ Agree      | ,<br>☐ Neither | ☐ Disagree     | ☐ Strongly Disagree      |
| 4. In what way(s) will                    | enco         | oraq           | e My           | tin this session?        |
| 5. What was the mos                       | t valuable a | aspect of this | s session?     |                          |
| 6. What was the least                     | valuable a   | spect of this  | session?       |                          |
| 7. Would you be inter                     |              | ending a lor   | ger workshop   | on this topic?           |
| If yes, list na                           | attention of |                |                |                          |
| Memie (                                   | Chris        | He             | mec 19         | Dpv.edy                  |
| 8. Comments or sugge<br>(Additional Comme |              | estions can b  | e written on t | he back of this form.)   |
| Please place the comp                     | oleted eval  | uation sheet   | in the box,    | at the back of the room. |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

|          | session met my    |   |                  | *             | (10. ) D              |
|----------|-------------------|---|------------------|---------------|-----------------------|
|          | Strongly Agree    | <b>∟</b> Agree                          | ☐ Neither        | ⊔ Disagree    | ☐ Strongly Disagree   |
| 2. The : | session content   | was approp                              | oriate and in    | formative:    |                       |
| ×        | Strongly Agree    | <b>□</b> Agree                          | ■ Neither        | ଧ Disagree    | ☐ Strongly Disagree   |
|          |                   |   | you learned      | today within  | the next 6 months?    |
| ı        |                   | •                                       |                  | -             |                       |
|          | hat way(s) will y |   |                  | •             |                       |
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|          |                   |   |                  |               |                       |
|          |                   |   |                  |               |                       |
| 5. Wha   | t was the most    |   | pect of this     | session?      |                       |
|          | The sho           | n <b>U</b> S                            |                  |               |                       |
|          |                   |   |                  |               |                       |
|          |                   |   |                  |               |                       |
|          |                   | • |                  |               |                       |
| 6. Wha   | t was the least v | valuable ası                            | pect of this s   | ession?       |                       |
|          | NIN               |   |                  |               |                       |
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|          |                   |   |                  | *             |                       |
| 7. Woul  | ld you be interes | st <b>ed</b> in atte                    | nding a long     | er workshop ( | on this topic?        |
|          | If yes, list nam  | ne and ema                              | il for more in   | oformation:   |                       |
|          | , es, iise (ia),  | re and ema                              | ii ioi jiioic ii | normation.    |                       |
|          |                   |   |                  |               |                       |
| 8. Comr  | nents or sugges   | tions:                                  |                  |               |                       |
|          |                   |   | tions can be     | written on th | e back of this form.) |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The se      | ssion met my                | expectation                           | ns:            |   |                                       |
|----------------|-----------------------------|---------------------------------------|----------------|---|---------------------------------------|
| <b>t⊿</b> Stro | ongly Agree                 | <b>□</b> Agree                        | ■ Neither      | ☐ Disagree                              | ☐ Strongly Disagree                   |
| 2. The ses     | ssion content               | was appro                             | priate and in  | nformative:                             |                                       |
| <b>⇔</b> Stre  | angly Agree                 | L Agree                               | ☐ Neither      | → Disagree                              | ☐ Strongly Disagree                   |
| 3. How li      | kely are you                | to use wha                            | t you learned  | d today within                          | the next 6 months?                    |
|                | ongly Agree                 | 🚨 Agree                               | ☐ Neither      | ☐ Disagree                              | ☐ Strongly Disagree                   |
| 4. In wha      | t way(s) will               | you apply t                           | the informat   | ion presented                           | in this session?                      |
|                |                             |                                       |                |   |                                       |
|                |                             |                                       |                |   |                                       |
|                |                             |                                       |                |   |                                       |
| 5. What v      | vas the most                | valuable a                            | spect of this  | session?                                |                                       |
|                |                             |                                       |                |   |                                       |
| **             |                             |                                       |                |   |                                       |
|                |                             |                                       |                |   | · · · · · · · · · · · · · · · · · · · |
| 6. What v      | vas the least               | valuable as                           | spect of this  | session?                                |                                       |
|                |                             | · · · · · · · · · · · · · · · · · · · |                |   |                                       |
|                |                             |                                       |                |   |                                       |
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|                |                             |                                       | ending a lon   | ger workshop                            | on this topic?                        |
|                | J Yes iJ No                 |                                       |                |   |                                       |
| i              | f yes, list na              | me and em                             | ail for more   | information:                            |                                       |
|                |                             |                                       |                | • |                                       |
|                | nts or sugge<br>onal Commer |                                       | estions can be | e written on ti                         | he back of this form.)                |
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|                |                             |                                       |                |   |                                       |

### **SESSION TITLE:** Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: Strongly Agree ☐ Agree □ Neither → Disagree ☐ Strongly Disagree 2. The session content was appropriate and informative: Strongly Agree کھیا → Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? Strongly Agree **□** Agree ☐ Neither □ Disagree ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? T plan to use the 10e crean activity w/my students. 5. What was the most valuable aspect of this session? Dr. Hanters personality on D love of food portion. 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic? Yes اس AMO If yes, list name and email for more information: 8. Comments or suggestions:

Please place the completed evaluation sheet in the box, at the back of the room.

(Additional Comments or suggestions can be written on the back of this form.)

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met   | my expectation  | ns:           |                   |   |
|--|-----------------|---------------|-------------------|---|
| 🔀 Strongly Agree   | <b>□</b> Agree  | ☐ Neither     | <b>□</b> Disagree | □ Strongly Disagree                         |
| 2. The session cont  | tent was appro  | priate and i  | nformative:       |   |
| Strongly Agree   |                 | → Neither     | <b>□</b> Disagree | ☐ Strongly Disagree                         |
| 3. How likely are y  |                 |               |                   | n the next 6 months?<br>☐ Strongly Disagree |
| 4. In what way(s)  |                 |               |                   |   |
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|  | 10.50.00        | O9            | ( · C )           |   |
|  |                 |               |                   |   |
| 5. What was the m  |                 |               |                   |   |
| M. The state of th | told            | wa            | up to             | decrease                                    |
|  | protour         | O DIS         | le.               | decrease                                    |
|  |                 |               |                   |   |
|  |                 |               |                   |   |
| 6. What was the le   | ast valuable a: | spect of this | s session?        | 1. 22. 4                                    |
| - Now In   | 1 1 P 1 P       | T IN          | an o              | Useuse.                                     |
| and  | valo i          | C4 (N         | d lo              | becase by conferent                         |
| talk   | <b>k</b>        |               |                   |   |
| 7. Would you be in   |                 | ending a lo   | nger workshop     | on this topic?                              |
|  | ù No            |               |                   |   |
| If yes, list   | name and em     | ail for more  | information:      |   |
|  |                 |               |                   |   |
| 8. Comments or su  | ggestions:      |               |                   |   |
| (Additional Com  | ments or sugge  | estions can l | e written on t    | the back of this form.)                     |
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|  |                 |               |                   |   |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. | The session       | n met my         | expectation        | ons:          |                   |                         |
|----|-------------------|------------------|--------------------|---------------|-------------------|-------------------------|
|    | → Strongly        | / Agree          | 2 Agree            | ☐ Neither     | <b>⇔</b> Disagree | ্রা Strongly Disagree   |
| 2. | The session       | n content        | was appro          | opriate and i | nformative:       |                         |
|    | Strongly          | / Agree          | <b>₩</b> Agree     | ا Neither ن   | → Disagree        | ☐ Strongly Disagree     |
| 3. | How likely        | are you t        | to use wha         | t you learne  | d today withi     | n the next 6 months?    |
|    | ☐ Strongly        | / Agree          | <b>¼</b> Agree     | ☐ Neither     | 🔾 Disagree        | ☐ Strongly Disagree     |
| 4. | In what wa        | ay(s) will       | you apply          | the informat  | tion presented    | I in this session?      |
|    |                   |                  |                    |               |                   | ·                       |
|    |                   |                  |                    |               |                   |                         |
|    |                   |                  |                    |               |                   |                         |
| ,  | 18/1 4            |                  | .1 13              |               |                   |                         |
| 5. | What was          | the most         | valuable a         | spect of this | s session?        |                         |
|    |                   |                  |                    |               |                   |                         |
|    |                   |                  |                    | ·             |                   |                         |
|    |                   |                  |                    |               |                   |                         |
| 6. | What was          | the least        | valuable a         | spect of this | session?          |                         |
|    |                   |                  |                    |               | <u>.</u>          |                         |
|    |                   |                  |                    |               |                   |                         |
|    |                   |                  |                    |               |                   |                         |
| 7. | Would you<br>⊖ Ye |                  |                    | tending a lor | nger workshop     | on this topic?          |
|    | If ye             | es, list nai     | me and em          | ail for more  | information:      |                         |
|    |                   |                  |                    |               |                   |                         |
| 8. | Comments          | or sugge         | stions:            |               |                   |                         |
|    | (Additiona        | I Commer<br>U da | nts or sugg<br>INL | estions can l | ne written on :   | the back of this form.) |
|    |                   |                  |                    |               |                   |                         |
|    |                   |                  |                    |               |                   |                         |

| 1. The session met m<br>ച Strongly Agree  | y expectatio<br>□ Agree      | ons:<br>Neither                       | ☐ Disagree                  | 니 Strongly Disagree  |  |  |
|---|------------------------------|---------------------------------------|-----------------------------|--|--|--|
| 2. The session conten   | t was appro<br>Agree         | priate and in                         | nformative:<br>্ৰা Disagree | ධ Strongly Disagree  |  |  |
| 3. How likely are you<br>\(\omega\) Strongly Agree  |                              | t you learner<br>⊔ Neither            | d today within              | n the next 6 months?   |  |  |
| 4. In what way(s) will I will us  |                              | ۸ ۱                                   |                             | l in this session?   |  |  |
|   |                              |                                       |                             |  |  |  |
| 5. What was the mos   | t valuable a                 | spect of this                         | session?                    |  |  |  |
|   |                              |                                       |                             |  |  |  |
|   |                              | · · · · · · · · · · · · · · · · · · · |                             |  |  |  |
| 6. What was the least valuable aspect of this session?  IBAKLER FOLLURE TO MENTINE  TO Adress These Issues of  7. Would you be interested in attending a longer workshop on this topic?  1 Yes XNO  If yes, list name and email for more information: |                              |                                       |                             |  |  |  |
|   |                              |                                       |                             |  |  |  |
| Talk n  | nts or sugge<br>NOVE<br>WV 0 | abou-<br>ther                         | t coo<br>than               | he back of this form.)  KING A EATING  COTPORATE feeling  at the back of the room. |  |  |

| 1. The session met my                  | expectatio<br>✓ Agree  |                | ' > Disaures    | ( ) Cannada Dinasan   |  |  |  |  |
|--|--|----------------|-----------------|---|--|--|--|--|
| 2, 2                                   |  | □ Neither      | ☐ Disagree      | ☐ Strongly Disagree   |  |  |  |  |
| 2. The session content                 |  |                | formative:      |   |  |  |  |  |
| ଅ Strongly Agree                       | <b>為</b> Agree   | ☐ Neither      | 나 Disagree      | ☐ Strongly Disagree   |  |  |  |  |
| 3. How likely are you                  | to use what  | t you learned  | today within    | the next 6 months?  |  |  |  |  |
| → Strongly Agree                       | <b>↓</b> Mgree   | ☐ Neither      | ☐ Disagree      | ☐ Strongly Disagree   |  |  |  |  |
| 4. In what way(s) will I would         | like   | 10 US          | e desc          | in this session?  School                                    |  |  |  |  |
| touch                                  | -00US  | nw b           | D30             |   |  |  |  |  |
| 5. What was the most                   | 5. What was the most valuable aspect of this session?  The graphs Showing research  (esults. |                |                 |   |  |  |  |  |
| 6. What was the least                  | valuable as  | spect of this  | session?        |   |  |  |  |  |
| lead to                                | mese   | - pho          | onera           | ed policy of<br>Donan's trat<br>. Also the<br>u to me. Also |  |  |  |  |
| 7. Would you be inter                  | ested in att   | ending a long  | ger workshop    |   |  |  |  |  |
| ⊔ Yes 火 N<br>If yes, list na           | u  |                |                 | on this topic? The copiness to as minimal.                  |  |  |  |  |
| , ,, , , , , , , , , , , , , , , , ,   |  |                | ormacion.       |   |  |  |  |  |
|  |  |                |                 |   |  |  |  |  |
| 8. Comments or sugge (Additional Comme |  | estions can be | e written on ti | he back of this form.)                                      |  |  |  |  |
|  |  |                |                 | make to thank   |  |  |  |  |
| Jesus ic                               | 1 G M  | whicul         | to col          | eligiously  |  |  |  |  |
| Please place the com                   | pleted eval  | vation sheet   | in the box, a   | it the back of the room.                                    |  |  |  |  |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1.         | The sess | ion met my                  | expectatio           | ns:                        |                            |   |
|------------|----------|-----------------------------|----------------------|----------------------------|----------------------------|---|
|            | 山 Stron  | gly Agree                   | <b>₩</b> Agree       | <b>△</b> Neither           | ے Disagree ے               | ☐ Strongly Disagree                     |
| 2.         | The sess | ion content                 | was appro            | priate and in              | formative:                 |   |
|            | Stron ك  | gly Agree                   | Agree                | ☐ Neither                  | ☐ Disagree                 | ධ Strongly Disagree                     |
| 3.         |          | ely are you t<br>gly Agree  | o use what<br>QAgree | t you learned<br>□ Neither | today withir<br>⇒ Disagree | the next 6 months?  2 Strongly Disagree |
| 4.         | In what  |                             |                      |                            | on presented<br>Castrol    | in this session?                        |
|            |          |                             |                      |                            |                            |   |
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| c '        | VA/1     | +l+                         | و و المورياسي        |                            | :2                         |   |
| <b>5</b> , | wat wa   | as the most                 | valuable a:          | spect of this              |                            |   |
|            |          |                             |                      |                            |                            |   |
|            |          |                             |                      |                            |                            |   |
|            |          |                             |                      |                            |                            |   |
| 6. '       | What wa  | as the least                | valuable as          | spect of this              | session?                   |   |
|            |          |                             |                      |                            |                            | · · · · · · · · · · · · · · · · · · ·   |
|            |          |                             |                      |                            |                            |   |
|            |          |                             |                      |                            |                            |   |
| 7. ¹       |          | ou be intere<br>Yes ⊔No     |                      | ending a long              | ger workshop               | on this topic?                          |
|            | f        | yes, list nar               | ne and em            | ail for more i             | nformation:                |   |
|            |          |                             |                      |                            |                            |   |
|            |          | nts or sugges<br>nal Commen |                      | estions can b              | e written on t             | he back of this form.)                  |
|            |          |                             |                      |                            |                            |   |
|            |          |                             | <u>.</u>             |                            |                            |   |

### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: Strongly Agree ☐ Strongly Disagree □ Neither Disagree 2. The session content was appropriate and informative: Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? Strongly Agree Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? 5. What was the most valuable aspect of this session? 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic? If yes, list name and email for more information:

Please place the completed evaluation sheet in the box, at the back of the room.

(Additional Comments or suggestions can be written on the back of this form.)

8. Comments or suggestions:

SESSION TITLE:

### Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: Strongly Agree □ Agree Neither → Disagree □ Strongly Disagree 2. The session content was appropriate and informative: Strongly Agree 🗀 Agree 🗀 Neither □ Disagree 🗀 Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? Strongly Agree □ Agree Neither □ Disagree ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? portion control to my lessons 5. What was the most valuable aspect of this session? consumer tips 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic? X Yes If yes, list name and email for more information: requeen 11 a gmail com 8. Comments or suggestions: (Additional Comments or suggestions can be written on the back of this form.)

|   | expectation    | ons:             |                                       |                                       |
|---|----------------|------------------|---------------------------------------|---------------------------------------|
| Strongly Agree                            | 🖬 Agree        | <b>U</b> Neither | ات Disagree                           | ☐ Strongly Disagree                   |
| 2. The session content                    | was appro      | opriate and i    | nformative:                           |                                       |
| trongly Agree                             | <b>→</b> Agree | ☐ Neither        | <b>ට</b> Disagree                     | ☐ Strongly Disagree                   |
| 3. How likely are you                     | to use wha     | it you learne    | d today with                          | n the next 6 months?                  |
| Strongly Agree                            | ☐ Agree        | ☐ Neither        | ☐ Disagree                            | ☐ Strongly Disagree                   |
| 4. In what way(s) will                    |                |                  |                                       |                                       |
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| 5. What was the most                      | valuable a     | spect of thi     | s session?                            | +thatme.                              |
| L   | 1 C (          | phobovi          |                                       | a mo abo                              |
|   |                |                  |                                       |                                       |
|   |                |                  |                                       |                                       |
| 6. What was the least                     | valuable a     | spect of this    | s session?                            |                                       |
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|   |                |                  |                                       |                                       |
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| 7. Would you be intere                    |                | ending a lor     | nger worksho                          | o on this topic?                      |
| If yes, list nai                          | -              | ail for more     | information:                          |                                       |
| ii yesi nse nai                           | ine and en     | an for more      | momation.                             |                                       |
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| 8. Comments or sugge                      |                |                  |                                       |                                       |
| (Additional Commer                        | nts or sugg    | estions can t    | e written on                          | the back of this form.)               |
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|   | ** ** ***      |                  | <del>.</del>                          |                                       |
|   |                |                  |                                       |                                       |

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met m                      |                     |               |                |                         |
|---|---------------------|---------------|----------------|-------------------------|
| □ Strongly Agree                          | Agree               | → Neither     | ☐ Disagree     | ☐ Strongly Disagree     |
| 2. The session conten                     | t was appro         | priate and i  | nformative:    |                         |
| ☐ Strongly Agree                          | Agree               | 🗀 Neither     | ☐ Disagree     | → Strongly Disagree     |
| 3. How likely are you                     |                     |               | d today within | n the next 6 months?    |
|   |                     |               | ,              |                         |
| 4. In what way(s) will                    |                     |               | •              |                         |
| teaching w                                | werson              | d3 - 11       | mitten         | major!                  |
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|   |                     | J .           |                |                         |
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| 5. What was the mos                       | t valuable a        | spect of this | session?       |                         |
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| 6. What was the least                     | t valuable a        | spect of this | session?       |                         |
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| 7. Would you be inter<br>اکلا Yes کارا    |                     | ending a lor  | iger workshop  | on this topic?          |
| If yes, list na                           | ame and em          | ail for more  | information:   |                         |
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| 8. Comments or sugge<br>(Additional Comme |                     | estions can b | e written on t | the back of this form.) |
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### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The  | session met my  | expectation    | ns:              |                                       |                        |
|---------|-----------------|----------------|------------------|---------------------------------------|------------------------|
| u ·     | Strongly Agree  | Agree 🖸        | ☐ Neither        | → Disagree                            | ☐ Strongly Disagree    |
| 0 The   |                 | h              |                  | -¢                                    |                        |
|         | session content |                |                  |                                       |                        |
| ш       | Strongly Agree  | Agree Agree    | ■ Neither        | → Disagree                            | ☐ Strongly Disagree    |
| 3. How  | likelv are vou  | to use wha     | t vou learne     | d today withi                         | the next 6 months?     |
|         | Strongly Agree  | <b>\</b> Agree | ☐ Neither        | ☐ Disagree                            | ☐ Strongly Disagree    |
| _       | Strongly Agree  | <b>↓</b> Agite | □ WORKE          | □ Disagree                            | a strongly bisagice    |
| 4. ln w | hat way(s) will | you apply t    | the informat     | ion presented                         | in this session?       |
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| 5. Wha  | it was the most | valuable a     | spect of this    | session?                              |                        |
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| 6. Wha  | t was the least | valuable as    | spect of this    | session?                              |                        |
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| 7. Wou  | ld you be inter | ested in att   | ending a lon     | iger workshop                         | on this topic?         |
|         | Li Yes Li N     |                | -                | ,                                     | '                      |
|         | lf yes, list na | me and em      | ail for more     | information                           |                        |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| <ol> <li>The session met my expectat</li> </ol>  | ions:                                 |                   |                     |
|--|---------------------------------------|-------------------|---------------------|
| X Strongly Agree ☐ Agree   | <b>□</b> Neither                      | ط Disagree        | ☐ Strongly Disagree |
| 2. The session content was appr  | ronriate and i                        | nformative:       |                     |
| Strongly Agree   Agree   | □ Neither                             | ⊔ Disagree        | ☐ Strongly Disagree |
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| 3. How likely are you to use wh  |                                       |                   |                     |
| Strongly Agree 1 Agree   | 니 Neither                             | <b>山</b> Disagree | ☐ Strongly Disagree |
| 4. In what way(s) will you apply   | the informat                          | tion presented    | d in this session?  |
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| penion sizes:  |                                       |                   |                     |
| 5. What was the most valuable  | acoust of this                        | coccinn?          |                     |
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| 6. What was the least valuable   | •                                     | $-\alpha$         |                     |
| 6. What was the least valuable H Was all   | •                                     | $-\alpha$         |                     |
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| 7. Would you be interested in a  | ttending a lor                        | nger workshop     |                     |
| 7. Would you be interested in a  | ttending a lor                        | nger workshop     |                     |
| 7. Would you be interested in a  | ttending a lor                        | nger workshop     |                     |
| 7. Would you be interested in a  | ttending a lor                        | nger workshop     | on this topic?      |
| 7. Would you be interested in an and each of the second se | ttending a lor                        | nger workshop     | on this topic?      |
| 7. Would you be interested in an and each of the second se | ttending a lor                        | nger workshop     | on this topic?      |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met $\sigma$   | ny expectation        | ons:<br>니 Neither                      | ط Disagree                            | 의 Strongly Disagree  |  |  |  |
|---|-----------------------|--|---------------------------------------|----------------------|--|--|--|
| 2. The session content was appropriate and informative:   |                       |  |                                       |                      |  |  |  |
| Strongly Agree  | ☐ Agree               | ☐ Neither                              | <b>○</b> Disagree                     | ☐ Strongly Disagree  |  |  |  |
| 3. How likely are you Strongly Agree  | i to use wha<br>Agree | t you learned<br>□ Neither             | d today within<br>a Disagree          | n the next 6 months? |  |  |  |
| 4. In what way(s) wi  | ll you apply          | the informat                           | ion presented                         | in this session?     |  |  |  |
| jerno)  | a contr               | oi in f                                |                                       | UFC                  |  |  |  |
|   |                       |  |                                       |                      |  |  |  |
| 5. What was the mos   | st valuable a         | spect of this                          | session?                              |                      |  |  |  |
| 57.00   | y 07 2                | Speaker                                | · · · · · · · · · · · · · · · · · · · |                      |  |  |  |
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| 6. What was the leas  | st valuable a         | spect of this                          | session?                              |                      |  |  |  |
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| 7. Would you be interested in attending a longer workshop on this topic?                                  |                       |  |                                       |                      |  |  |  |
| Marces 🗆 No   |                       |  |                                       |                      |  |  |  |
| If yes, list name and email for more information:   |                       |  |                                       |                      |  |  |  |
|   |                       |  | ··········                            |                      |  |  |  |
| 8. Comments or suggestions: (Additional Comments or suggestions can be written on the back of this form.) |                       |  |                                       |                      |  |  |  |
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|           | ssion met my<br>rangly Agree | expectatio            | ns:<br>Neither            | ب Disagree                  | ☐ Strongly Disagree                  |
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| 2 The se  | ssion content                | -<br>was annro        | onriate and i             | oformative:                 | 3, 3                                 |
|           | rongly Agree                 | ☐ Agree               | □ Neither                 | → Disagree                  | ☐ Strongly Disagree                  |
|           | ikely are you<br>ongly Agree | to use wha<br>ロ Agree | t you learne<br>U Neither | d today withi<br>a Disagree | n the next 6 months?                 |
| I         | plan<br>in life              | to us                 | ellos,                    | inform.                     | tin this session?                    |
| //2       | divenual                     | SIL                   | MORK Y                    | vith.                       |                                      |
|           | was the most                 |                       |                           |                             | ful r informative                    |
|           | was the least                |                       |                           |                             | al can we                            |
| 7. Would  | you be intere                |                       | ending a lor              | ger workshop                | o on this topic?                     |
|           | If yes, list na              | me and em             | ail for more              | information:                |                                      |
| (Addit    |                              | nts or sugge          |                           |                             | the back of this form.)<br>Spraker 1 |
| Please pl | ace the comp                 | oleted eval           | uation shee               | t in the box,               | at the back of the room.             |

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met m                                    | y expectatio    | ins:             |                |                        |  |  |
|---|-----------------|------------------|----------------|------------------------|--|--|
| ☐ Strongly Agree  | 🔀 Agree         | Neither ن        | ☐ Disagree     | ☐ Strongly Disagree    |  |  |
| 2. The session content was appropriate and informative: |                 |                  |                |                        |  |  |
| 🔏 Strongly Agree  |                 | <b>₩</b> Neither |                | Strongly Disagree      |  |  |
| 3. How likely are you                                   | to use what     | t you learne     | d today within | n the next 6 months?   |  |  |
| ☐ Strongly Agree  |                 |                  | ্র Disagree    | 🗓 Strongly Disagree    |  |  |
| 4. In what way(s) wil                                   |                 |                  |                |                        |  |  |
| we m  | ag uze          | z the            | e)             | hee in                 |  |  |
| our e   | valuat          | 1e 42            |                |                        |  |  |
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| 5. What was the mos                                     | st valuable a   | spect of this    | s session?     |                        |  |  |
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|   |                 |                  |                |                        |  |  |
| 6. What was the leas                                    | t valuable as   | spect of this    | session?       |                        |  |  |
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| Jeous ?   |                 |                  |                | •                      |  |  |
| 7. Would you be inter                                   |                 | ending a lon     | iger workshop  | on this topic?         |  |  |
| If yes, list na   | ime and ema     | ail for more     | information:   |                        |  |  |
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| 1. The session met my                   | expectation  | ons:          |                |                          |
|---|--------------|---------------|----------------|--------------------------|
| ☐ Strongly Agree                        | Agree        | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree      |
| 2. The session conten                   | was/appro    | priate and i  | nformative:    |                          |
| ☐ Strongly Agree                        | ☐ Agree      | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree      |
| 3. How likely are you                   |              |               | d today withi  | n the next 6 months?     |
| Strongly Agree                          | 4 Agree      | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree      |
| 4. In what way(s) will                  | you apply    | the informat  | ion presented  | in this session?         |
| Smaller plat-                           | es to ev     | nourage       | mindfuli       | ness to start.           |
|   |              | <b>,</b>      |                |                          |
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| 5. What was the most                    |              | -             |                |                          |
| The research                            | studie       | reny in       | ieveining.     |                          |
|   |              |               |                |                          |
|   |              |               |                |                          |
| 6. What was the least                   | valuable a   | spect of this | session?       |                          |
| Not enough                              | on now       | to be 11      | VIERNALI       | y mindful-               |
| 3                                       |              |               |                | Did not enjoy            |
| the weigh                               | Estigmo      | a_comm-       | ents           | . ,                      |
| 7. Would you be inter                   | ested in att | endina a lor  | iger workshor  | on this tonic?           |
| Yes N                                   |              | chaing a lor  | iger workshop  | on this topic:           |
| If yes, list na                         | me and em    | ail for more  | information:   |                          |
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| 8. Comments or sugge                    |              | estions can b | o weitton on t | the back of this forms   |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session  | met my            | expectation    | 15:                |   |  |
|-----------------|-------------------|----------------|--------------------|---|--|
| Strongly        | Agree             | <b>□</b> Agree | <b>○</b> Neither   | ☐ Disagree                              | ☐ Strongly Disagree                    |
| 2. The session  | content           | was approp     | riate and in       | formative:                              |  |
| Strongly        | Agree             | نا Agree       | ☐ Neither          | ☐ Disagree                              | ☐ Strongly Disagree                    |
| 3. How likely a | are you t         | o use what     | you learned        | today within                            | the next 6 months?                     |
| Strongly        | Agree             | <b>□</b> Agree | <b>□ Neither</b>   | <b>→</b> Disagree                       | ☐ Strongly Disagree                    |
| 4. In what wa   | y(s) will y       | you apply th   | nę informatio      | on presented i                          | in this session?                       |
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| m MR 4          |                   |                |                    |   |  |
| 5. What was t   | ne most<br>·ለላ ብራ | valuable as    | pect of this s     | session?                                | 000                                    |
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| 6. What was t   | he least          | valuable ası   | pect of this s     | session?                                |  |
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| 7. Would you l  |                   |                | nding a long       | er workshop (                           | on this topic?                         |
| If yes          | s, list nan       | ne and ema     | il for more in     | nformation:                             |  |
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| 8. Comments o   | or sugges         | itions:        |                    |   |  |
| (Additional     | Commen            | ts or sugges   | tions can be       | written on th                           | e back of this form.)                  |
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### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: ☐ Strongly Agree □ Disagree ☐ Strongly Disagree 2. The session content was appropriate and informative: ☐ Strongly Agree □ Disagree ☐ Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? ☐ Strongly Agree /// Agree ☐ Neither ■ Disagree ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? stuff we teach in our lessons a 5. What was the most valuable aspect of this session? 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic? ☐ Yes If yes, list name and email for more information: 8. Comments or suggestions:

(Additional Comments or suggestions can be written on the back of this form.)



| 1. The session met my  | expectatio                |                            | <b>ü</b> Disagree     | ☐ Strongly Disagree     |  |
|--|---------------------------|----------------------------|-----------------------|-------------------------|--|
| 2. The session content   |                           |                            | -                     |                         |  |
| ্রা Strongly Agree   |                           | ☐ Neither                  | ☐ Disagree            | ☐ Strongly Disagree     |  |
| 3. How likely are you to Strongly Agree                                  |                           | t you learned<br>U Neither |                       |                         |  |
| 4. In what way(s) will  - POILS S  | you apply t<br>Le<br>co15 | the informat               | ion presented         | in this session?        |  |
| <u>-</u>   |                           |                            |                       |                         |  |
| 5. What was the most - Research  |                           | •                          | and the second second | Jy.                     |  |
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| 6. What was the least  | valuable as               | spect of this              |                       |                         |  |
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| 7. Would you be interested in attending a longer workshop on this topic? |                           |                            |                       |                         |  |
| If yes, list nar   | ne and ema                | ail for more               | information:          |                         |  |
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| 8. Comments or sugge<br>(Additional Commen                               |                           | estions can b              | e written on t        | he back of this form.)  |  |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met r                      | ny expectatio   | ins:                       |                  |                        |
|---|-----------------|----------------------------|------------------|------------------------|
| ☐ Strongly Agree                          | Agree           | ☐ Neither                  | ☐ Disagree       |                        |
| 2. The session conte                      | ent was sobro   | ariate and i               | nformative:      |                        |
| ☐ Strongly Agree                          | Agree           | Priote and in<br>☐ Neither | □ Disagree       | Strongly Disagree      |
|   |                 |                            | . 5              |                        |
|   |                 | t you learne               | d today withir   | n the next 6 months?   |
| Strongly Agree                            | 🚨 Agree         | ☐ Neither                  | ☐ Disagree       | ☐ Strongly Disagree    |
| 4. In what way(s) w                       | ill vou anniv t | the informat               | ion presented    | l in this session?     |
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| Amen                                      | JUL 9 LLG       | 1                          | 10410            | 1 Course               |
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| 5. What was the mo                        |                 | •                          |                  |                        |
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| 6. What was the lea                       | st valuable as  | spect of this              | session?<br>Tal_ |                        |
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| 7. Would you'de into                      | erested in atte | endino a lon               | ger workshon     | on this tonic?         |
| \/ \                                      | No              |                            | 3                | on and copie.          |
| f ves list                                | name and ema    | ail for more               | information,     |                        |
| 11 yes, 11se                              | ionic and citi  | an for more                | iinomiacion.     |                        |
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| 9 Comments or are                         | actions:        |                            |                  |                        |
| 8. Comments or sug                        |                 | estions can h              | e written on t   | he back of this form.) |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. TI | ne session met my                | expectatio     | ns:               |                   |                         |
|-------|----------------------------------|----------------|-------------------|-------------------|-------------------------|
|       | 🗱 Strongly Agree                 | 니 Agree        | ☐ Neither         | <b>∟</b> Disagree |                         |
| 2. Tł | ne session content               | was appro      | priate and in     | nformative:       |                         |
|       | 🖄 Strongly Agree                 | <b>□</b> Agree | ☐ Neither         | 🕒 Disagree        | ☐ Strongly Disagree     |
| 3. H  | ow likely are you t              | to use wha     | t you learne      | d today withi     | n the next 6 months?    |
|       | Strongly Agree                   | ات Agree       | ☐ Neither         | ☐ Disagree        | ☐ Strongly Disagree     |
| 4. In | what way(s) will                 | you apply t    | the informat      | ion presented     | I in this session?      |
|       | Information w                    | H. PP. 95      | <b>10</b> 6 - 0.2 | Kanana p          | corners, org            |
|       | mayêy Gataş i                    | p), fjyfir     | u 383 Ay          | 7 <i>(</i>        |                         |
|       |                                  |                |                   |                   |                         |
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| 5. W  | hat was the most                 |                | •                 |                   |                         |
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|       |                                  |                |                   |                   |                         |
|       | ·                                |                |                   |                   |                         |
| 6. W  | hat was the least                | valuable as    | spect of this     | session?          |                         |
|       | Would like to K                  | iou iko        | the fut           | We is in          | this research           |
|       |                                  |                |                   |                   |                         |
|       |                                  |                |                   |                   |                         |
|       |                                  |                |                   |                   |                         |
| 7. W  | ould you be intere<br>☐ Yes ☐ No |                | ending å lon      | ger workshop      | on this topic?          |
|       | If yes, list nar                 | ne and em      | ail for more      | information:      |                         |
|       |                                  |                |                   |                   |                         |
| 8 ሮሪ  | mments or sugges                 | etions:        |                   |                   |                         |
|       |                                  |                | stions can b      | e written on t    | the back of this form.) |
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|       | for this progr                   |                |                   |                   |                         |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session me                 | t my expectatio         | ons:             |                |                                       |
|-----------------------------------|-------------------------|------------------|----------------|---------------------------------------|
| ☐ Strongly Agree                  | e 🔑 Agree               | <b>○</b> Neither | ☐ Disagree     | ☐ Strongly Disagree                   |
| 2. The session con                | itent was appro         | opriate and i    | informative:   |                                       |
| 🚨 Strongly Agree                  | e XAgree                | <b>□</b> Neither | ⊔ Disagree     | ☐ Strongly Disagree                   |
| 3. How likely are                 | you to use wha          | it you learne    | ed today withi | n the next 6 months?                  |
| ப் Strongly Agree                 |                         | ب Neither        | 니 Disagree     | → Strongly Disagree                   |
| 4. In what way(s)                 | will you apply          | the informa      | tion presented | I in this session?                    |
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| 5. What was the n                 |                         | •                |                |                                       |
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| 6. What was the le                | east valuable a         | spect of this    | s session?     |                                       |
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| 7. Would you be in                | iterested in att<br>⊿No | ending a lor     | iger workshop  | on this topic?                        |
| If yes, list                      | t name and em           | ail for more     | information:   |                                       |
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| 8. Comments or su (Additional Com |                         | estions can b    | e written on t | he back of this form.)                |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met i  | my expectatio<br>⊔ Agree | ONS:<br>☐ Neither       | ပါ Disagree               | ☐ Strongly Disagree                       |  |  |  |
|---|--------------------------|-------------------------|---------------------------|---|--|--|--|
| 2. The session conte  | ent was appro<br>🗓 Agree | priate and i            | nformative;<br>② Disagree | ☐ Strongly Disagree                       |  |  |  |
| 3. How likely are yo  | u to use what<br>a Agree | t you learne<br>Neither | d today within            | n the next 6 months?  ② Strongly Disagree |  |  |  |
| 4. In what way(s) will you apply the information presented in this session? BE VERY MINORAL Charles and the forts effects on my dief. |                          |                         |                           |   |  |  |  |
| 5. What was the most valuable aspect of this session?  Each idea is 29-4/4 valuable.  |                          |                         |                           |   |  |  |  |
| 6. What was the lea   | ist valuable as          | spect of this           | session?                  |   |  |  |  |
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| 7. Would you be int   | erested in atte          | ending a lor            | iger workshop             | on this topic?                            |  |  |  |
| lf yes, list i  | name and ema             | ail for more            | information:              |   |  |  |  |
| 8. Comments or sug<br>(Additional Comm  |                          | estions can t           | oe written on t           | the back of this form.)                   |  |  |  |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session             | met my     | expectatio      | ns:              |                   |                        |
|----------------------------|------------|-----------------|------------------|-------------------|------------------------|
| <b>X</b> Strongly          | Agree      | <b></b> l Agree | ☐ Neither        | <b>⊔</b> Disagree | → Strongly Disagree    |
| 2. The session             | content    | was appro       | priate and in    | iformative:       |                        |
| Strongly                   | Agree      | ☐ Agree         | ☐ Neither        | 🚨 Disagree        | ☐ Strongly Disagree    |
|                            |            |                 | t you learned    | today withir      | the next 6 months?     |
| Strongly                   | Agree      | ☐ Agree         | <b>以</b> Neither | 🚨 Disagrée        | ☐ Strongly Disagree    |
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| 5. What was                | the most   | valuable a      | spect of this    | session?          |                        |
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| 6. What was 1              | the least  | valuable a      | spect of this    | session?          |                        |
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| 7. Would you               |            |                 | ending a lon     | ger workshop      | on this topic?         |
| lf ye                      | s, list na | me and em       | ail for more     | information:      |                        |
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| 8. Comments<br>(Additional |            |                 | estions can b    | e written on t    | he back of this form.) |
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| 1. The session met  → Strongly Agree  | my expectatio<br>Agree   |                            | ⊔ Disagree                   | 의 Strongly Disagree      |  |  |  |
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| 2. The session cont<br>Strongly Agree   | ent was appro<br>a Agree | opriate and i<br>U Neither | nformative:<br>U Disagree    | ☑ Strongly Disagree      |  |  |  |
| 3. How likely are you<br>☐ Strongly Agree   |                          |                            | d today withii<br>⊔ Disagree | n the next 6 months?     |  |  |  |
| 4. In what way(s) will you apply the information presented in this session?  Stress Mare Partien Control  IN CLASSES + Ye   |                          |                            |                              |                          |  |  |  |
| 5. What was the most yaluable aspect of this session?  We Smaller Cenherware  be Aware                                      |                          |                            |                              |                          |  |  |  |
| 6. What was the least valuable aspect of this session?  |                          |                            |                              |                          |  |  |  |
| 7. Would you be interested in attending a longer workshop on this topic?  If yes, list name and email for more information: |                          |                            |                              |                          |  |  |  |
| 8. Comments or suggestions:  (Additional Comments or suggestions can be written on the back of this form.)                  |                          |                            |                              |                          |  |  |  |
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| SESSION TITLE:<br>Breakfast Keynote -                       | - Let's E            | at Mindfu     | ally              |                                  |
|---|----------------------|---------------|-------------------|----------------------------------|
| 1. The session met my e                                     | xpectation           | าร:           |                   |                                  |
| Strongly Agree  | ⊒ Agree              | ☐ Neither     | 🗀 Disagree        | ☐ Strongly Disagree              |
| 2. The session content w                                    | vas approp           | oriate and in | formative:        |                                  |
|   | ∟ Agree              |               | <b>山</b> Disagree | ☐ Strongly Disagree              |
| 3. How likely are you to                                    | use what             | you learned   | l today within    | the next 6 months?               |
| Strongly Agree L  |                      | ☐ Neither     | ධ Disagree        | ☐ Strongly Disagree              |
| 4. In what way(s) will you  Presentation                    | ( Ver                | 4 dus         | ال ے بجھے         | in this session? I GreatFr.mahm. |
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| 5. What was the most vi<br>portion of<br>opening<br>lackage | تحو                  | ma V          | ideo -            | Yany eya                         |
| 6. What was the least va                                    | aluable as           | -             |                   |                                  |
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| 7. Would you be interest                                    | ted in atte          | ending a long | ger workshop      | on this topic?                   |
| If yes, list name   |                      |               | nformation:       |                                  |
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| 8. Comments or suggest                                      | s or sugge:          |               |                   | he back of this form.)           |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: Strongly Agree □ Disagree □ Strongly Disagree 2. The session content was appropriate and informative: 4 Strongly Agree ☐ Neither 3. How likely are you to use what you learned today within the next 6 months? Strongly Agree ☐ Neither ☐ Disagree Strongly Disagree 4. In what way(s) will you apply the information presented in this session? healthy touds available 5. What was the most valuable aspect of this session? Portion Control 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic?

U∕⁄es □ No

If yes, list name and email for more information:

Fred Seymourfoernitain.edu

8. Comments or suggestions:

(Additional Comments or suggestions can be written on the back of this form.)

Great mix of personal tetimory plan info

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my   | expectatio  | ns:            |                |                        |  |  |  |  |
|---|---|----------------|----------------|------------------------|--|--|--|--|
| C Strongly Agree  | <b>X</b> Agree  | ☐ Neither      | ☐ Disagree     | ☐ Strongly Disagree    |  |  |  |  |
| 2. The session content  | 2. The session content was appropriate and informative: |                |                |                        |  |  |  |  |
| 🛣 Strongly Agree  | ⊔ Agree   | ☐ Neither      | → Disagree     | ☐ Strongly Disagree    |  |  |  |  |
| 3. How likely are you t   | o use what  | t vou learned  | today within   | the next 6 months?     |  |  |  |  |
| ☐ Strongly Agree  | Agree   | → Neither      | ☐ Disagree     | ☐ Strongly Disagree    |  |  |  |  |
| 4. In what way(s) will  | you apply t   | he informati   | on presented   | in this session?       |  |  |  |  |
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| 5. What was the most  | valuable as   | spect of this  | session?       |                        |  |  |  |  |
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| 6. What was the least   | valuable as   | spect of this  | session?       |                        |  |  |  |  |
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| 7. Would you be interested in attending a longer workshop on this topic?  Styles 😀 No |   |                |                |                        |  |  |  |  |
| If yes, list nat  | me and ema  | ail for more i | nformation:    |                        |  |  |  |  |
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| 8. Comments or sugge. (Additional Commer  |   | estions can be | e written on t | he back of this form.) |  |  |  |  |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met r | ny expectati   | ons:                                     |                                       | . *  |
|----------------------|----------------|--|---------------------------------------|--|
| ্র Strongly Agree    | <b>□</b> Agree | ☐ Neither                                | Disagree                              | Strongly Disagree  |
| 2. The session conte | nt was appr    | opriate and i                            | nformative:                           | ,  |
| □ Strongly Agree     | ⊔ Agree        | ☐ Neither                                | Disagree                              | ☐ Strongly Disagree  |
| 3. How likely are yo | u to use wha   | it you learne                            | d today withi                         | in the next 6 months?  |
| ☐ Strongly Agree     | 🚨 Agree        | Neither                                  | □ Disagree                            | ☐ Strongly Disagree  |
| 4. In what way(s) w  | ill you apply  | the informa                              | tion presente                         | d in this session?   |
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| 5. What was the mo   |                | •  |                                       |  |
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| 6. What was the lea  | st valuable a  | spect of this                            | s session?                            |  |
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| 7. Would you be inte | erested in at  | tending a lor                            | nger worksho                          | p on this topic?   |
| in √ce Å             | No             |  |                                       |  |
| If yes, list r       | name and en    | nail for more                            | information:                          |  |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. T | The session met my                          | expectatio             | ins:                     |                   |   |  |
|------|---|------------------------|--------------------------|-------------------|---|--|
|      | Strongly Agree                              | <b>∟</b> Agree         | ☐ Neither                | <b>○</b> Disagree | ☐ Strongly Disagree                     |  |
| 2. T | The session content                         |                        | priate and in            | nformative:       |   |  |
|      | ≨rStrongly Agree                            | <b>∟</b> Agree         | <b>U</b> Neither         | ☐ Disagree        |   |  |
|      | How likely are you to<br>All Strongly Agree |                        | t you learned<br>Neither | -                 | the next 6 months?  U Strongly Disagree |  |
| 1. I | n what way(s) will                          | you apply <sup>1</sup> | the informat             | ion presented     | in this session?                        |  |
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| 5. V | What was the most                           |                        |                          |                   |   |  |
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| 5. V | What was the least                          | valuable a             | spect of this            | session?          |   |  |
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| 7. V | Would you be intere                         |                        | tending a lor            | iger workshop     | on this topic?                          |  |
|      | lf yes, list na                             | me and em              | ail for more             | information:      |   |  |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. | The session met my                 | •              | ns:            |                |                        |
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|    | ☐ Strongly Agree                   | ப் Agree       | ☐ Neither      | ☐ Disagree     | ☐ Strongly Disagree    |
| 2. | The session content                | was appro      | priate and in  | formative:     |                        |
|    | ☐ Strongly Agree                   | 네 Agree        | ☐ Neither      | → Disagree     | ☐ Strongly Disagree    |
| 3. | How likely are you t               | o use What     | you learned    | today within   | the next 6 months?     |
|    | Strongly Agree                     | <b>□</b> Agree | ☐ Neither      | ⊔ Disagree     | ☐ Strongly Disagree    |
| 4. | In what way(s) will                | you apply t    | he informati   | on presented   | in this session?       |
|    |                                    |                |                |                |                        |
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| =  | What was the most                  | valuable or    | -neat of this  | enecion?       |                        |
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| 6. | What was the least                 | valuable as    | spect of this  | session?       |                        |
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| 7. | Would you be intered<br>☐ Yes ☐ No |                | ending a long  | ger workshop   | on this topic?         |
|    | If yes, list na                    | me and ema     | ail for more i | nformation:    |                        |
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SESSION TITLE:

| Br  | eakfast Keynot                         | e – Let's                              | Eat Mindf                  | ully   |  |
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| 1   | The session met m                      | u aunantnti                            | Anc.                       |  |  |
| ١.  | The session met m                      | y expectati<br>Agree                   |                            | . 3 D:   | Canada Biana   |
|     | ☐ Strongly Agree                       | □ Agree                                | ☐ Neither                  | <b>∟</b> Disagree  | Strongly Disagree  |
| 2.  | The session conten                     | t was appr                             | opriate and i              | nformative:  |  |
|     | ☐ Strongly Agree                       | 🗀 Agree                                | ☐ Neither                  | → Disagree   | Strongly Disagree  |
|     | 11 12 1                                |  |                            | 1 . 1  |  |
| 3.  |  |  | -                          | •  | n the next 6 months?                                       |
|     | ☐ Strongly Agree                       | ☐ Agree                                | ☐ Neither                  | ্র Disagree  | A Strongly Disagree  |
| 4.  | In what way(s) wil                     | l you apply                            | the informat               | tion presented   | d in this session?   |
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| 5.  | What was the mos                       | t valuable :                           | aspect of this             | s session?   |  |
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| 6.  | What was the leas                      | t valuable a                           | spect of this              | session?   |  |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. | . The session m          | et my expectatio  | ins:          |               |                       |     |
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|    | ய் Strongly Agn          | ee 🏙 Agree        | ☐ Neither     | 리 Disagree    | ☐ Strongly Disagree   |     |
| 2. | . The session co         | ntent was appro   | priate and i  | nformative:   |                       |     |
|    | ☐ Strongly Agn           | ee 🝓 Agree        | ☐ Neither     | ☐ Disagree    | ☐ Strongly Disagree   |     |
| 3. | . How likely are         | you to use wha    | t you learne  | d today withi | n the next 6 months   | s?  |
|    | ☐ Strongly Agr           | ee 🚜 Agree        | ☐ Neither     | → Disagree    | → Strongly Disagree   |     |
| 4. |                          |                   |               |               | d in this session?    |     |
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| 5, | . What was the           | most valuable a   | spect of this | s session?    |                       |     |
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| 6. | . What was the           | least valuable a  | spect of this | s session?    |                       |     |
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| 7. | . Would you be<br>22 Yes | interested in att | tending a loi | nger worksho  | p on this topic?      |     |
|    | If yes, li               | ist name and em   | ail for more  | information:  |                       |     |
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| o  | . Comments or :          | suggestions:      |               |               |                       |     |
| υ. |                          |                   | estions can l | be written on | the back of this forn | n.) |
|    |                          |                   |               |               |                       |     |
|    | •                        |                   |               |               |                       |     |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. | The session met my   | expectatio                            | ns:              |                |                        |
|----|----------------------|---------------------------------------|------------------|----------------|------------------------|
|    | ω Strongly Agree     | <b>□</b> Agree                        | ☐ Neither        | 🗀 Disagree     | ☐ Strongly Disagree    |
| 2. | The session content  | was appro                             | priate and ir    | nformative:    |                        |
|    | il Strongly Agree    | <b>□</b> Agree                        | ☐ Neither        | 🗅 Disagree     | ☐ Strongly Disagree    |
| 3. | How,likely are you t | o use what                            | t you learned    | l today withir | the next 6 months?     |
|    | Strongly Agree       | <b>□</b> Agree                        | <b>□</b> Neither | ☐ Disagree     | ☐ Strongly Disagree    |
| 4. | In what way(s) will  | you apply 1                           | the informat     | ion presented  | in this session?       |
|    |                      |                                       |                  |                |                        |
|    |                      |                                       |                  |                |                        |
|    |                      |                                       |                  |                |                        |
| 5  | What was the most    | valuahle a                            | enant of this    | session?       |                        |
| J. | What was the most    | valuable a                            | spect of tills   | 26221011:      |                        |
|    |                      |                                       |                  |                |                        |
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| 6. | What was the least   | valuable as                           | spect of this    | session?       |                        |
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| ,  | Mould on he interes  |                                       |                  |                |                        |
| ΄. | Would you be intere  |                                       | ending a ion     | ger worksnop   | on this topic?         |
|    | If yes, list nar     | me and em                             | ail for more     | information:   |                        |
|    | lun 27               | e Ps                                  | iv-ed            | lu.            |                        |
| 8. | Comments or sugge    | stions:                               |                  |                |                        |
|    |                      |                                       | n                |                | he back of this form.) |
|    | Thank y              | FOU -                                 | w spe            | oking          | TRUTH!                 |
|    |                      |                                       |                  |                |                        |

# SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met my   | -   | ns:                        |                                       |                     |  |  |  |  |
|---|---|----------------------------|---------------------------------------|---------------------|--|--|--|--|
| Strongly Agree  | ☐ Agree   | <b>山</b> Neither           | ☐ Disagree                            | ☐ Strongly Disagree |  |  |  |  |
| 2. The session content  | was appro   | priate and in              | formative;                            |                     |  |  |  |  |
| Strongly Agree  | 🗀 Agree   | 다 Neither                  | <b>△</b> Disagree                     | ☐ Strongly Disagree |  |  |  |  |
| 3. How likely are you to  | to use what<br>Agree  | : you learned<br>□ Neither | today within<br>山 Disagree            | the next 6 months?  |  |  |  |  |
| 4. In what way(s) will you apply the information presented in this session? |   |                            |                                       |                     |  |  |  |  |
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| 5. What was the most  | valuable as   | spect of this              | session?                              |                     |  |  |  |  |
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| 6. What was the least   | valuable as   | spect of this              | session?                              |                     |  |  |  |  |
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|   | and the second of   |                            | <del> </del>                          |                     |  |  |  |  |
| 1.7   | 7. Would you be interested in attending a longer workshop on this topic?                                  |                            |                                       |                     |  |  |  |  |
| If yes, fist na   | me and ema  | ail for more i             | nformation:                           |                     |  |  |  |  |
|   | · · · · · · · · · · · · · · · · · · ·   |                            |                                       |                     |  |  |  |  |
|   | 8. Comments or suggestions: (Additional Comments or suggestions can be written on the back of this form.) |                            |                                       |                     |  |  |  |  |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session n<br>്റ്റ് Strongly Ag   |  | expectatio<br>Agree | ns:<br>᠘ Neither | 때 Disagree     | → Strongly Disagree  |  |  |
|---|--|---------------------|------------------|----------------|----------------------|--|--|
| 2. The session c  |  |                     |                  |                | 니 Strongly Disagree  |  |  |
| 3. How likely ar  |  | o use what          |                  | d today within | n the next 6 months? |  |  |
| 4. In what way(s) will you apply the information presented in this session?  I will teach this info in my idult number  classes |  |                     |                  |                |                      |  |  |
| 5. What was the most valuable aspect of this session?  - Plate bowl site parties distortion.  - placement of food in fridge     |  |                     |                  |                |                      |  |  |
| 6. What was the least valuable aspect of this session?  — N A   |  |                     |                  |                |                      |  |  |
| 7. Would you be interested in attending a longer workshop on this topic?  |  |                     |                  |                |                      |  |  |
| If yes, list name and email for more information:   |  |                     |                  |                |                      |  |  |
| 8. Comments or suggestions:<br>(Additional Comments or suggestions can be written on the back of this form.)                    |  |                     |                  |                |                      |  |  |
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| 1. The session met my expectations:  |  |   |  |  |  |  |
|--|--|---|--|--|--|--|
| コ Strongly Agree カ Agree コ Neither   | ☐ Disagree                                     | → Strongly Disagree   |  |  |  |  |
| 2. The english content was afternable and in   | . Fa a bis ca a                                |   |  |  |  |  |
| 2. The session content was appropriate and in U Strongly Agree   |  | : 1 Strongly Disagree   |  |  |  |  |
| ပြ Strongly Agree ပြ Agree ပါ Neither  | □ Disagree                                     | ☐ Strongly Disagree   |  |  |  |  |
| 3. How likely are you to use what you learned  | d today within                                 | the next 6 months?  |  |  |  |  |
| 니 Strongly Agree 니 Neither   | △ Disagree                                     | ☐ Strongly Disagree   |  |  |  |  |
| <del>-</del>   |  |   |  |  |  |  |
| 4. In what way(s) will you apply the informat  | ion presented                                  | in this session?  |  |  |  |  |
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| 5. What was the most valuable aspect of this   | $\sim \alpha \alpha$                           | china (   |  |  |  |  |
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| 6. What was the least valuable aspect of this  | coccion?                                       |   |  |  |  |  |
| a, variat was the least valuable aspect of this  | <b>.</b> .                                     | C011001010  |  |  |  |  |
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| TID PROOF (NOW)  | <del>                                   </del> |   |  |  |  |  |
| 7 Would you be interested in attending a lon   | ı<br>der warkshan                              | on this tonio?  |  |  |  |  |
| 7. Would you be interested in attending a longer workshop on this topic?   |  |   |  |  |  |  |
| / -  |  |   |  |  |  |  |
| If yes, list name and email for more   | intermation:                                   |   |  |  |  |  |
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| 8. Comments or suggestions:  |  |   |  |  |  |  |
| (Additional Comments or suggestions can b  | mat i  | 11 11. 11.  |  |  |  |  |
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| Even size Wa   | th com   | minter shirt  |  |  |  |  |
| 1 Judy 5070  | ,<br>,   | 1. N. N. S J. L. N. S   |  |  |  |  |
| Please place the completed evaluation sheet  | in the box, a                                  | at the back of the room.  |  |  |  |  |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1, 7        |         | ion met my<br>gly Agree    | expectatio           | ns:<br>U Neither           | ⊔ Disagree     | ☐ Strongly Disagree    |
|-------------|---------|----------------------------|----------------------|----------------------------|----------------|------------------------|
| 2. 🖥        |         |                            | was appro            | priate and in              | formative:     | 다 Strongly Disagree    |
| 3. I        |         | ely are you t<br>gly Agree | o use wha<br>□ Agree | t you learned<br>U Neither | l today withir | the next 6 months?     |
| 4. I        | n what  | way(s) will                | you apply t          | the informati              | ion presented  | in this session?       |
|             |         | Coun                       | nsel                 | Cli                        | ends           |                        |
| - 1         |         |                            |                      |                            |                |                        |
| 5. !        |         |                            |                      | spect of this              |                |                        |
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| 6. <b>\</b> | What wa | as the least               | valuable a           | spect of this              | session?       |                        |
|             |         |                            | and a second         |                            |                |                        |
|             |         |                            |                      |                            |                |                        |
| 7. \        |         | ou be intere<br>(Yes 🗀 No  |                      | ending a lon               | ger workshop   | on this topic?         |
|             | ,       | •                          | me and em            | ail for more i             | information:   |                        |
|             |         | its or sugge<br>nal Commer |                      | estions can b              | e written on t | he back of this form.) |
|             |         |                            |                      |                            |                |                        |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my   | expectatio   | ns:           |                |                                  |  |  |  |
|---|--|---------------|----------------|----------------------------------|--|--|--|
| Strongly Agree  | 🗀 Agree  | ☐ Neither     | 🗓 Disagree     | ☐ Strongly Disagree              |  |  |  |
| 2. The session content  | t was appro  | priate and in | nformative:    | ☐ Strongly Disagree              |  |  |  |
| at attorigity Agree   | a Agree  | ₩ N¢Idi¢i     | □ pisääuce     | C 3dougly bisagies               |  |  |  |
| 3. How likely are you<br>M Strongly Agree   | to use what<br>こ Agree   | t you learne  | d today within | n the next 6 months?             |  |  |  |
| 4. In what way(s) will you apply the information presented in this session?  Will with to guide Counseling lecture time.  SESSIONS of Client                      |  |               |                |                                  |  |  |  |
| 5. What was the most valuable aspect of this session?  Not new intermeter but presented in Jucha great, antitaining way. Loud nearing about the different studies |  |               |                |                                  |  |  |  |
| 6. What was the least valuable aspect of this session?  |  |               |                |                                  |  |  |  |
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|   | 7. Would you be interested in attending a longer workshop on this topic?<br>ಆ Yes ಆ No |               |                |                                  |  |  |  |
| If yes, list na   | me and ema   | ail for more  | information:   |                                  |  |  |  |
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| 8. Comments or sugge<br>(Additional Comme<br>Great Pi   | nts or sugge   |               | ** *           | he back of this form.)<br>(LTAYL |  |  |  |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my                                      | expectation    | ons:                      |                                       |  |
|--|----------------|---------------------------|---------------------------------------|--|
| ☐ Strongly Agree   | ☑ Agree        | (1) Neither               | □ Disagree                            | Strongly Disagree                      |
| 2. The session content                                     | t was appro    | priate and i              | nformative:                           |  |
| ☐ Strongly Agree   | <b>≅</b> Agree | ☐ Neither                 | ☐ Disagree                            | ☐ Strongly Disagree                    |
| 3. How likely are you ☐ Strongly Agree                     | to use wha     | t you learne<br>U Neither | d today withir<br>⇒ Disagree          | n the next 6 months?                   |
| 4. In what way(s) will                                     | you apply      | the informat              | tion presented                        | in this session?                       |
| Bemo   | \2_ U          | ب                         | -571                                  | )atris                                 |
|  |                |                           |                                       |  |
| 5. What was the most                                       | valuable a     | spect of this             | s session?                            |  |
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| 6. What was the least                                      | valuable a     | spect of this             | session?                              |  |
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| 7. Would you be interd<br>☐ Yes ☐ N                        |                | ending a lor              | nger workshop                         | on this topic?                         |
| If yes, list na  | me and em      | ail for more              | information:                          |  |
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| 8. Comments or sugge<br>(Additional Comment<br>Cyolal with | nts or sugge   | w b                       | oe written on t<br>-t >m<br>cl into i | 31 2                                   |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m  | y expectatio  | ons:          |                |                                       |  |  |  |  |
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| Strongly Agree  | Agree الـ   | ☐ Neither     | □ Disagree     | ☐ Strongly Disagree                   |  |  |  |  |
| 2. The session conten   | 2. The session content was appropriate and informative: |               |                |                                       |  |  |  |  |
|   | <b>∟</b> Agree  | Weither 🛈     | 🗘 Disagree     | ☐ Strongly Disagree                   |  |  |  |  |
| 3. How likely are you   | to use wha  | t you learne  | d today within | n the next 6 months?                  |  |  |  |  |
| frongly Agree کاری  | ☐ Agree   | → Neither     | ☐ Disagree     | ☐ Strongly Disagree                   |  |  |  |  |
| 4. in what way(s) will you apply the information presented in this session? |   |               |                |                                       |  |  |  |  |
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|   |   |               |                | · · · · · · · · · · · · · · · · · · · |  |  |  |  |
| 5. What was the mos   | t valuable a  | spect of this | session?       |                                       |  |  |  |  |
| Resea   | <u> ۱۰۰۰ (ب</u>   |               | intere         | Story                                 |  |  |  |  |
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| 6. What was the least   | t valuable a  | spect of this | session?       |                                       |  |  |  |  |
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| 7. Would you be interested in attending a longer workshop on this topic?    |   |               |                |                                       |  |  |  |  |
| If yes, list na   | ime and em  | ail for more  | information:   |                                       |  |  |  |  |
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|   |   |               |                |                                       |  |  |  |  |
| 8. Comments or suggi<br>(Additional Comme                                   |   | estions can b | e written on t | the back of this form.)               |  |  |  |  |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

|    | 1. The session met m  | y expectatio  | ons:  |               |                                       |
|----|-----------------------|---------------|---|---------------|---------------------------------------|
|    | ☐ Strongly Agree      | ☐ Agree       | Neither     Neither | Disagree      | ☐ Strongly Disagree                   |
|    | 2. The session conter | nt was appro  | priate and i  | nformative:   |                                       |
|    | 🗅 Strongly Agree      | ے Agree       | ☐ Neither   | Disagree      | ☐ Strongly Disagree                   |
|    | 3. How likely are you | i to use wha  | t you learne  | d today with  | in the next 6 months?                 |
|    | → Strongly Agree      | 니 Agree       | ☐ Neither   | ☐ Disagree    | Strongly Disagree                     |
|    | 4. In what way(s) wil | I you apply   | the informa   | tion presente | d in this session?                    |
|    |                       |               |   |               |                                       |
|    |                       |               |   |               |                                       |
|    |                       |               |   |               |                                       |
|    | 5. What was the mos   | st valuable a | spect of thi  | s session?    |                                       |
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|    | 6. What was the leas  | t valuable a  | spect of this   | s session?    |                                       |
|    | This infor            | wayo          | n does  | 1011. c       | directly                              |
|    | Correlate             | to the        | LSNAP   | popula        | ution and puts                        |
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|    | 8. Comments or sugg   |               | ections oan   | ha urittan on | the back of this form.)               |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. | The session met my   | expectation           | 15:                              |                           |  |
|----|--|-----------------------|----------------------------------|---------------------------|--|
|    | ☐ Strongly Agree   | <b>¥</b> Agree        | ☐ Neither                        | <b>∟</b> Disagree         | ☐ Strongly Disagree                                |
| 2. | The session content  ☐ Strongly Agree                      | was approp<br>🌂 Agree | oriate and in<br>□ Neither       | formative:<br>⊔ Disagree  | ☑ Strongly Disagree                                |
| 3. | How likely are you t ⊔ Strongly Agree                      | o use what<br>XAgree  |                                  | today within              | the next 6 months?  4 Strongly Disagree            |
| 4. | in what way(s) will<br>When teach<br>will hel              |                       |                                  | •                         | in this session?<br>Clunts this<br>portiona Si zes |
| 5. | What was the most<br>Different<br>points.                  | ex pe                 | riment                           |                           | show research                                      |
| 3. | What was the least   |                       |                                  |                           |  |
| 7. | Would you be intere ⊔ Yes                                  | •                     |                                  |                           | on this topic?                                     |
| 3. | Comments or suggest (Additional Comments Comparis portion: | its or sugge          | stions can be<br>differe<br>sume | e written on th<br>ut Cul | he back of this form.)<br>Hures on food            |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The  | session met my                        | expectatio                            | ns:              |                   |   |  |  |  |  |
|---|---------------------------------------|---------------------------------------|------------------|-------------------|---|--|--|--|--|
| <b>3</b> 9  | Strongly Agree                        | ₩ Agree                               | □ Neither        | <b>○</b> Disagree | ☐ Strongly Disagree   |  |  |  |  |
| 2. The session content was appropriate and informative:                     |                                       |                                       |                  |                   |   |  |  |  |  |
| u!  | Strongly Agree                        | الد: Agree                            | <b>以</b> Neither | <b>山</b> Disagree | ☐ Strongly Disagree   |  |  |  |  |
|   |                                       |                                       |                  |                   | the next 6 months?  |  |  |  |  |
| !ت  | Strongly Agree                        | <b>⁴</b> Agree                        | <b>△</b> Neither | ☐ Disagree        | → Strongly Disagree   |  |  |  |  |
| 4. In what way(s) will you apply the information presented in this session? |                                       |                                       |                  |                   |   |  |  |  |  |
|   |                                       | · · · · · · · · · · · · · · · · · · · |                  |                   |   |  |  |  |  |
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|   |                                       |                                       |                  |                   |   |  |  |  |  |
| 5. Wha  | t was the most                        | valuable as                           | spect of this    | session?          |   |  |  |  |  |
|   |                                       |                                       |                  |                   |   |  |  |  |  |
|   |                                       |                                       |                  |                   |   |  |  |  |  |
|   |                                       | <u>.</u>                              |                  |                   |   |  |  |  |  |
| 6. Wha  | t was the least                       | valuable as                           | spect of this    | session?          |   |  |  |  |  |
|   |                                       |                                       |                  |                   |   |  |  |  |  |
|   |                                       |                                       |                  |                   |   |  |  |  |  |
|   | · · · · · · · · · · · · · · · · · · · |                                       |                  |                   |   |  |  |  |  |
| 7. Wou  | ld you be intere<br>니 Yes 니 No        |                                       | ending a long    | ger workshop      | on this topic?  |  |  |  |  |
|   | If yes, list nar                      | ne and ema                            | ail for more i   | nformation:       |   |  |  |  |  |
|   |                                       |                                       |                  |                   |   |  |  |  |  |
|   |                                       |                                       |                  |                   |   |  |  |  |  |
|   | ments or sugges<br>litional Commen    |                                       | stions can be    | e written on th   | ne back of this form.)  |  |  |  |  |
|   |                                       |                                       |                  |                   |   |  |  |  |  |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m   | y expectatio  | ins:                    |                              |  |  |  |  |  |  |
|--|---|-------------------------|------------------------------|--|--|--|--|--|--|
| A Strongly Agree   | ☐ Agree   | ⊔ Neither               | ⊔ Disagree                   | ☐ Strongly Disagree                      |  |  |  |  |  |
| 2. The session content was appropriate and informative:                  |   |                         |                              |  |  |  |  |  |  |
| Strongly Agree   |   | □ Neither               | <b>☐</b> Disagree            | ☐ Strongly Disagree                      |  |  |  |  |  |
| 3. How likely are you<br>A Strongly Agree                                | to use wha  | t you learne<br>Weither | d today withii<br>의 Disagree | n the next 6 months? ☐ Strongly Disagree |  |  |  |  |  |
|  | 4. In what way(s) will you apply the information presented in this session?  The chart of the information presented in this session?  The chart of the information presented in this session?  The chart of the information presented in this session?  The chart of the information presented in this session? |                         |                              |  |  |  |  |  |  |
| 5. What was the mos  |   |                         |                              |  |  |  |  |  |  |
| 6. What was the least valuable aspect of this session?                   |   |                         |                              |  |  |  |  |  |  |
|  |   |                         |                              |  |  |  |  |  |  |
| 7. Would you be interested in attending a longer workshop on this topic? |   |                         |                              |  |  |  |  |  |  |
| If yes, list name and email for more information:                        |   |                         |                              |  |  |  |  |  |  |
| <i>₼</i>   | ents or sugge   | \                       | e written on t               | the back of this form.)                  |  |  |  |  |  |

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met my expectations:   |          |             |               |                              |                        |  |  |  |  |
|---|----------|-------------|---------------|------------------------------|------------------------|--|--|--|--|
| Strongly A  | Agree    | ☐ Agree     | ☐ Neither     | Disagree                     | ☐ Strongly Disagree    |  |  |  |  |
| 2. The session content was appropriate and informative:                       |          |             |               |                              |                        |  |  |  |  |
| ☐ Strongly A  | Agree    | Agree       | ☐ Neither     | □ Disagree                   | ☐ Strongly Disagree    |  |  |  |  |
| 3. How likely are you to use what you learned today within the next 6 months? |          |             |               |                              |                        |  |  |  |  |
| ☐ Strongly A  | lgree    | ☐ Agree     | ☐ Neither     | Disagree                     | ☐ Strongly Disagree    |  |  |  |  |
| 4. In what way(s) will you apply the information presented in this session?   |          |             |               |                              |                        |  |  |  |  |
| 5. What was th  | ne most  | valuable a  | spect of this | session?                     |                        |  |  |  |  |
| 6. What was th  | ne least | valuable as | spect of this | session?                     |                        |  |  |  |  |
| 7. Would you b<br>□ Yes<br>If yes   | □ No     |             |               | ger workshop<br>information: | on this topic?         |  |  |  |  |
| 8. Comments of (Additional C  | Commen   | ts or sugge |               |                              | he back of this form.) |  |  |  |  |

| 1. The session met m                      | y expectati                             | ons:           |                |  |
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| → Strongly Agree                          | G Agree                                 | □ Neither      | 🔾 Disagree     | ☐ Strongly Disagree  |
| 2. The session conter                     | it was appr                             | opriate and i  | nformative:    |  |
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| 3. How likely are you                     | to use wha                              | t you learne   | d today within | n the next 6 months?   |
| ☐ Strongly Agree                          | T Agree                                 | ☐ Neither      | □ Disagree     | ☐ Strongly Disagree  |
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| 6. What was the least                     | valuable ee                             |                |                |  |
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| 1. The session met my                           | / expectati        | ons:                      |  |  |
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| Strongly Agree                                  | 🖾 Agree            | ■ Neither                 | 그 Disagree                             | ☐ Strongly Disagree  |
| 2. The session content                          | t was appro        | opriate and i             | nformative:                            |  |
| Strongly Agree                                  | C Agree            | ☐ Neither                 | 니 Disagree                             | ☐ Strongly Disagree  |
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| 6. What was the least v                         | aluable asp        | pect of this s            | ession?                                |  |
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| Please place the complet                        | ed evaluat         | tion sheet in             | the box, at t                          | the back of the room.  |

| 1. The session met my                           | / expectati        | ons:                                    |                |  |
|---|--------------------|---|----------------|--|
| Strongly Agree                                  | ☐ Agree            | ပါ Neither                              | ☐ Disagree     | ☐ Strongly Disagree  |
| 2. The session content                          | t was appro        | opriate and i                           | nformative:    |  |
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| 3. How likely are you                           | to use wha         | t you learne                            | 1 todav withi  | n the next Comments 2  |
| بل Strongly Agree                               | ⊖ Agree            | ☐ Neither                               | ☐ Disagree     | ☐ Strongly Disagree  |
| 4. In what way(s) will                          | you apply          | the informat                            | ion presented  | in this session?   |
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| 5. What was the most                            | vatuable as        | spect of this                           | session?       |  |
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| 1. The session met my   | y expectatio  | ons:   |                |  |  |  |  |  |  |
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| ப் Strongly Agree   | Agree   | L) Neither   | ☐ Disagree     | ☐ Strongly Disagree  |  |  |  |  |  |
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| Strongly Agree  | ☐ Agree   | ☐ Neither  | ☐ Disagree     | ☐ Strongly Disagree  |  |  |  |  |  |
| 3. How likely are you to use what you learned today within the next 6 months? |   |  |                |  |  |  |  |  |  |
| Am Strongly Agree   | ⊶ Agree   | ☐ Neither  | 🗀 Disagree     |  |  |  |  |  |  |
| 4. In what way(s) will  | you apply t   | he informati   | ion presented  | in this session?   |  |  |  |  |  |
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| 6. What was the least v   | aluable asp   | ect of this s  | ession?        |  |  |  |  |  |  |
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| 7. Would you be interes   | ted in atten  | iding a longe  | er workshop o  | n this topic?  |  |  |  |  |  |
| If yes, list name   | e and email   | for more in  | formation;     |  |  |  |  |  |  |
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| 8. Comments or suggesti<br>(Additional Comments                               | ions:<br>: or suggesti                                  | ions can be v  | vritten on the | back of this form.)  |  |  |  |  |  |
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| Please place the complete   | ted evaluat   | ion sheet in   |                |  |  |  |  |  |  |

| 1. The session met m                         | y expectati                   | ons:                                  |   |   |
|--|-------------------------------|---------------------------------------|---|---|
| Strongly Agree                               | ☐ Agree                       | □ Neither                             | 🖸 Disagree                              | ☐ Strongly Disagree                     |
| 2. The session conten                        | t was appr                    | opriate and i                         | nformative:                             |   |
| X Strongly Agree                             | 🗀 Agree                       |                                       | 👊 Disagree                              | ☐ Strongly Disagree                     |
| 3. How likely are you                        | to use wha                    | it you learne                         | d todav withi                           | n the next 6 months?                    |
| XX Strongly Agree                            | □ Agree                       | <b>□</b> Neither                      | ☐ Disagree                              | ☐ Strongly Disagree                     |
| 4. In what way(s) will                       | уои аррју                     | the informat                          | ion presented                           | f in this session?                      |
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| 5. What was the most                         | valuable a                    | spect of this                         | section?                                |   |
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| 6. What was the least                        | valuable as                   | pect of this                          | session?                                |   |
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| 8. Comments or sugges<br>(Additional Comment | tions:<br>'s <i>or sugges</i> | tions can be                          | written on th                           | e back of this form.)                   |
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| Please place the comple                      | eted evalua                   | ition sheet i                         | n the box, at                           | the back of the room.                   |

SESSION TITLE:

#### Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: Strongly Agree Agree Neither → Disagree Strongly Disagree 2. The session content was appropriate and informative: Strongly Agree 🕮 Agree □ Neither ☐ Disagree Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? Strongly Agree ☐ Agree Neither ☑ Disagree ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? 5. What was the most valuable aspect of this session? 6. What was the least valuable aspect of this session? and the control of th and the control of th and the second 7. Would you be interested in attending a longer workshop on this topic? If yes, list name and email for more information: melissa Kowalczyk melkow4@ gnail.com 8. Comments or suggestions: (Additional Comments or suggestions can be written on the back of this form.) Please place the completed evaluation sheet in the box, at the back of the room. Please place the completed evaluation sheet in the box, at the back of the room.

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. Th         | e session met my                    | expectation    | ons:              |                |                                    |
|---------------|-------------------------------------|----------------|-------------------|----------------|------------------------------------|
| ;             | ☑ Strongly Agree                    | L) Agree       | <b>→</b> Neither  | 🗓 Disagree     | ☐ Strongly Disagree                |
| 2. <b>T</b> h | e session content                   | t was appro    | priate and in     | nformative:    |                                    |
| 1             | Strongly Agree                      | ☐ Agree        | <b>以</b> Neither  | ☐ Disagree     | ☐ Strongly Disagree                |
| 3. Ho         | ow likely are you                   | to use wha     | t you learned     | d today withir | the next 6 months?                 |
| ;<br>\        | 1 Strongly Agree                    | Agree Like(Row | U Neither<br>u√L+ | J Disagree     | ☐ Strongly Disagree                |
|               | what way(s) will                    | *              |                   | ion presented  | in this session?                   |
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| 5. W          | hat was the most                    | t valuable a   |                   |                | . ( )                              |
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| 6. W          | hat was the least                   | : valuable a   | spect of this     | session?       |                                    |
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| 7. W          | ould you be inter<br>⊒ Yes 🖼 🕏      | -              | tending a lor     | iger workshop  | on this topic?                     |
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| 1. The session met m                      | y expectati                             | ons:           |   |   |
|---|---|----------------|---|---|
| ☐ Strongly Agree                          | <b>∟</b> Agree                          | ☐ Neither      | ☐ Disagree                              | ☐ Strongly Disagree                               |
| 2. The session conten                     | t was appr                              | opriate and i  | nformativo.                             |   |
| a Strongly Agree                          | ☐ Agree                                 | Neither        | ☐ Disagree                              | ☐ Strongly Disagree                               |
| 3. How likely are you<br>অপ্তাল্যোপ Agree | to use wha                              | t vou learne   | 1 +nd=                                  | _   |
| <del>-</del>                              | - rigitee                               | □ Neither      | ■ Disagree                              | Strongly Disagree                                 |
| 4. In what way(s) will                    | you apply t                             | he informati   | Oh procout- i                           |   |
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| 6. What was the least va                  | iluable asp                             | ect of this se | ssion?                                  |   |
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| 7. Would you be interests                 | id in atta-                             | J* :           |   |   |
| 7. Would you be interested Yes U No       |   |                |   | this topic?                                       |
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| 8. Comments or suggestion                 | ns:                                     |                |   | en e          |
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### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met m                        | y expectati    | ons:            |                   |   |
|---|----------------|-----------------|-------------------|---|
| Strongly Agree                              | △ Agree        | □ Neither       | <b>□</b> Disagree | ☐ Strongly Disagree   |
| 2. The session conter                       | it was appr    | opriate and i   | nformative:       |   |
| 4 Strongly Agree                            | <b>□</b> Agree |                 | 🗅 Disagree        | 니 Strongly Disagree   |
| 3. How likely are you                       | to use wha     | at you learne   | d today withi     | n the next 6 months?  |
| Tongly Agree                                | ☐ Agree        | ☐ Neither       | 그 Disagree        | ☐ Strongly Disagree   |
| 4. In what way(s) will                      | you apply      | the informat    | ion presented     | d in this session?  |
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| 5. What was the most                        | 1              |                 |                   |   |
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| 6. What was the least                       | valuable a     | spect of this   | session?          |   |
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| 7. Would you be intere                      |                | ending a long   | ger workshop      | on this topic?  |
| 7<br>If yes, list nar                       |                | ail for more i  | nformation:       |   |
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| 8. Comments or sugger<br>(Additional Commen |                | stions can be   | written on tl     | ne back of this form.)  |
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| Please place the comp                       | leted evalu    | lation sheet    | in the box a      | t the back of the reco-   |

SESSION TITLE:

Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: ▲ Strongly Agree ☐ Agree → Neither □ Disagree □ Strongly Disagree 2. The session content was appropriate and informative: ∴ Strongly Agree □ Agree Neither ☐ Disagree → Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? Strongly Agree کمز □ Agree Neither Disagree Strongly Disagree 4. In what way(s) will you apply the information presented in this session? use smaller protes pass imponimation 5. What was the most valuable aspect of this session? endence portion musiconceptors Limbout amound 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic? **U** Yes No If yes, list name and email for more information: 8. Comments or suggestions: (Additional Comments or suggestions can be written on the back of this form.)

### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: ☐ Strongly Agree ☐ Agree Neither ■ Disagree ☐ Strongly Disagree 2. The session content was appropriate and informative: Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? 5. What was the most valuable aspect of this session? 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic? W No Yes If yes, list name and email for more information:

8. Comments or suggestions:

(Additional Comments or suggestions can be written on the back of this form.)

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. | The session m                 |                | expectátion       | ns:<br>U Neither       | <b>以</b> Disagree                     | ☐ Strongly Disagree    |
|----|-------------------------------|----------------|-------------------|------------------------|---------------------------------------|------------------------|
|    |                               |                | ,                 |                        | •                                     | a strongly bisagice    |
| 2. | The session o                 |                |                   |                        |                                       |                        |
|    | ☐ Strongly Ag                 | ree            | ☐ Agree           | ☐ Neither              | ☐ Disagree                            | ☐ Strongly Disagree    |
| 3. | How likely are                | -              | use What<br>Agree | you learned<br>Neither | today within<br>Disagree              | the next 6 months?     |
| 4. | In what way(                  | s) will y      | ou apply t        | he informati           | on presented                          | in this session?       |
|    |                               |                |                   |                        |                                       |                        |
|    |                               |                |                   |                        |                                       |                        |
|    |                               |                |                   | ****                   |                                       |                        |
| 5. | What was the                  | e most v       | valuable as       | spect of this          | session?                              |                        |
|    |                               |                |                   | •                      |                                       |                        |
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|    |                               |                |                   |                        |                                       |                        |
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| 6. | What was the                  | e least v      | /aluable as       | pect of this           | session?                              |                        |
|    |                               |                |                   |                        | · · · · · · · · · · · · · · · · · · · |                        |
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|    |                               |                |                   |                        |                                       |                        |
|    |                               |                |                   |                        |                                       |                        |
| 7. | Would you be                  | interes<br>هات | •                 | ending a long          | jer workshop                          | on this topic?         |
|    | If yes,                       | list nam       | ie and ema        | ail for more i         | nformation:                           |                        |
|    |                               |                |                   |                        |                                       |                        |
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| в. | Comments or<br>(Additional Co | -              |                   | stions can be          | written on th                         | ne back of this form.) |
|    |                               |                |                   |                        |                                       |                        |
|    |                               |                |                   |                        |                                       |                        |
|    |                               |                |                   |                        |                                       |                        |

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met my   | expectatio             | ns:                        |                |                         |
|-------------------------|------------------------|----------------------------|----------------|-------------------------|
| <b>≟</b> Strongly Agree | 🗀 Agree                | (1) Neither                | 🗀 Disagree     | → Strongly Disagree     |
| 2. The session content  | t was annro            | opriate and in             | oformative:    |                         |
| Strongly Agree          | u Was appro<br>U Agre€ | priate and ii<br>☐ Neither | ☐ Disagree     | ☐ Strongly Disagree     |
| Grandingly Agree        | ₩ Agree                | CT Metales                 | a bisagice     | a strongly bridgice     |
| 3. How likely are you   | to use what            | t you learned              | d today within | the next 6 months?      |
| Strongly Agree          | ت Agree                | ☐ Neither                  | → Disagree     |                         |
| 4. In what way(s) will  | you apply t            | the informat               | ion presented  | in this session?        |
| May in our              | BE                     | W/4m                       | HHIV I         | work w/ children        |
|                         |                        |                            |                |                         |
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| 5. What was the most    | valuable a             | spect of this              | session?       |                         |
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| 6. What was the least   | valuable a             | spect of this              | session?       |                         |
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| 7. Would you be inter   |                        | ending a lon               | ger workshop   | on this topic?          |
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|                         |                        | 4                          | information:   | C. ,                    |
| SWW D                   | vobba                  | DSU                        | 1000/SE        | fbd.org                 |
| 8. Comments or sugge    | estions:               |                            |                |                         |
| (Additional Comme       | nts or sugge           | estions can b              | e written on t | the back of this form.) |
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|                         |                        |                            |                |                         |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. | The session met my   | expectatio     | ns:              |                   |                     |                |
|----|----------------------|----------------|------------------|-------------------|---------------------|----------------|
|    | ದ Strongly Agree     | <b>→</b> Agree | ☐ Neither        | ☐ Disagree        | ☐ Strongly Disagree |                |
| 2. | The session content  | was appro      | priate and in    | nformative:       |                     |                |
|    | ঐর্বিtrongly Agree   | <b>⊔</b> Agree | ☐ Neither        | <b>□</b> Disagree | ☐ Strongly Disagree |                |
| 3. | Hów likely are you t | o usé wha      | t you learned    | d today withir    | the next 6 month    | is?            |
|    | ☐ Strongly Agree     | Agree          | <b>□</b> Neither | ධ Disagree        | ☐ Strongly Disagree |                |
| 4. | In what way(s) will  | you apply t    | the informat     | ion presented     | in this session?    |                |
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|    | life. T              | ~ A            | he c             | 1005-             | 20 m I              | البني          |
|    | (Characall)          |                | K win            | th D              | articipant          | 13 40          |
|    | What was the most    | 2 Hui          | n nei            | Jidea             | \$ ,                | /VFinance - V. |
| 5. | What was the most    | valuable a     | spect of this    | session?          |                     | 1              |
|    | Small                | u p            | lates            | , talle           | r thin q            | lasses.        |
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|    | So ha                | DYOU           | Tha              | + he =            | shared 1            | വട             |
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| 6. | What was the least   |                |                  |                   | ۱ ۸                 |                |
|    | I ha                 | ue hi          | iard             | speake            | r belor-e           | ,              |
|    | use h                | 15 -           | SSOMS            | . in              | life alr            | eady.          |
|    | Teach                | his            | ideas            | ava               | ently.              |                |
|    | Wowl                 | id K           | se to            | o he              | one we we           | eon            |
| 7. | Would you be intere  | ested in att   | ending a lor     | iger workshop     | on this topic?      | restrol        |
|    | /` ~~                |                |                  |                   | her                 | urt disease    |
|    | If yes, list na      | me and em      | all for more     | information:      | 75 ا د ما           | 601.0          |
|    | If yes, list na      |                |                  | yu.               | ngnn                | gmail con      |
| 8. | Comments or sugge    |                |                  |                   | •                   | )              |
| _  | (Additional Comme    | nts or sugg    |                  |                   |                     |                |
|    | great x              | zubl           | ic s             | peakir            | -                   |                |
|    | ) /                  | = '            |                  | •                 |                     |                |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1/       | session met my                  | •                                     | ins:          |                          |                         |
|----------|---------------------------------|---------------------------------------|---------------|--------------------------|-------------------------|
| )A(s     | trongly Agree                   | ☐ Agree                               | ☐ Neither     | □ Disagree               | ☐ Strongly Disagree     |
| 2. The s | ession content                  | was appro                             | priate and ir | nformativ <del>e</del> : |                         |
| X        | itrongly Agree                  | <b>□</b> Agree                        | ☐ Neither     | ☐ Disagree               | ☐ Strongly Disagree     |
|          |                                 |                                       |               |                          | n the next 6 months?    |
| ,X(s     | Strongly Agree                  | ت Agree                               | ☐ Neither     | 🗘 Disagree               | ☐ Strongly Disagree     |
| 4. ln wl | hat way(s) will                 | you apply t                           | the informat  | ion presented            | I in this session?      |
| W        | ihat a<br>Kep                   | Circa<br>+ yo                         | t pre         | sentat<br>the            | ion.<br>edge of         |
|          | t was the most                  |                                       |               |                          | J"scat                  |
|          |                                 |                                       |               |                          |                         |
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|          |                                 |                                       |               |                          |                         |
| 6. Wha   | t was the least                 | valuable a                            | spect of this | session?                 |                         |
|          |                                 |                                       |               |                          |                         |
|          |                                 |                                       |               |                          |                         |
|          |                                 |                                       |               |                          |                         |
| 7. Wou   | ld you be intere                |                                       | tending a lon | iger workshop            | on this topic?          |
|          | If yes, list na                 | me and em                             | all for more  | information:             |                         |
|          |                                 |                                       |               |                          |                         |
|          | ments or sugge<br>itional Comme |                                       | estions can b | e written on i           | the back of this form.) |
|          |                                 |                                       |               |                          |                         |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. | The session | n met my    | expectatio  | ns:            |                   |                                       |
|----|-------------|-------------|-------------|----------------|-------------------|---------------------------------------|
|    | Strongl     | ly Agree    | 🗓 Agree     | → Neither      | <b>山</b> Disagree | Strongly Disagree                     |
| 2. | ,           |             | • -         | priate and i   | nformative:       |                                       |
|    | Strongl     | ly Agree    | □ Agree     | ☐ Neither      | ☐ Disagree        | ☐ Strongly Disagree                   |
| 3. |             |             |             |                |                   | the next 6 months?                    |
|    | (#Strongl   | ly Agree    | 🗅 Agree     | ا Neither نا   | الله Disagree     | ☐ Strongly Disagree                   |
| 4, | In what w   |             |             |                |                   | in this session?                      |
|    |             |             |             | ,              |                   |                                       |
|    | •           | <b>.</b>    |             |                |                   |                                       |
| 5. | What was    |             | valuable a  | ispect of this |                   | · · · · · · · · · · · · · · · · · · · |
|    |             |             |             |                |                   |                                       |
|    |             |             |             |                |                   |                                       |
| 6. | What was    | the least   | valuable a  | spect of this  | session?          |                                       |
|    |             |             |             |                |                   |                                       |
|    |             |             |             |                |                   |                                       |
|    |             |             |             |                |                   |                                       |
| 7. | Would you   | /           |             | tending a lor  | nger workshop     | on this topic?                        |
|    | lfy         | es, list na | me and em   | iail for more  | information:      |                                       |
|    |             |             |             |                |                   |                                       |
| 8. |             | al Comme    | nts or sugg |                |                   | the back of this form.)               |
|    |             | Hum ot      | Keeps       | ó elver        | yone              | angaged-                              |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. | The session met                       | my expectation          | ns:  |                   |                                   |       |
|----|---------------------------------------|-------------------------|--|-------------------|-----------------------------------|-------|
|    | Strongly Agree                        | : ⊔ Agree               | <b>\(\text{\tin}}\text{\ti}\text{\ti}}}\text{\ti}}\tint{\text{\text{\text{\text{\texi}\tiint{\text{\text{\texit}\text{\text{\text{\text{\text{\text{\text{\text{\text{\tet</b> | → Disagree        | → Strongly Disagree               |       |
| 2. | The session con-                      | tent was appro          | priate and i   | nformative:       |                                   |       |
|    | Strongly Agree                        |                         | ☐ Neither  | <b>△</b> Disagree | ☐ Strongly Disagree               |       |
| 3. | How likely are y                      | ou to use wha           | t you learne   | d today within    | n the next 6 months?              |       |
|    | Strongly Agree                        |                         | •  | -                 | ☐ Strongly Disagree               |       |
| 4. |                                       | ully of                 |  |                   | l in this session?<br>Livta, Dula | ?<br> |
|    |                                       |                         |  |                   |                                   |       |
| 5. | What was the n                        | ١.                      | -  |                   |                                   |       |
|    | Usbil                                 | 14y 4 Co                | Juenu  | منت               |                                   |       |
|    |                                       |                         |  |                   |                                   |       |
|    |                                       |                         |  |                   |                                   |       |
| 3. | What was the le                       | east valuable a         | spect of thi   | s session?        |                                   |       |
|    | · · · · · · · · · · · · · · · · · · · |                         |  |                   |                                   |       |
|    |                                       |                         |  |                   |                                   |       |
|    |                                       |                         |  |                   |                                   |       |
| 7. | Would you be in                       | nterested in ati<br>⊐No | tending a lo   | nger worksho      | on this topic?                    |       |
|    | If yes, lis                           | t name and em           | ail for more   | information:      |                                   |       |
|    |                                       |                         |  |                   |                                   |       |
| В. | Comments or su<br>(Additional Con     |                         | estion <b>s</b> can  | be written on     | the back of this form.            | )     |
|    |                                       |                         |  |                   |                                   |       |
|    |                                       |                         |  |                   |                                   | ,     |

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. | The session met my                    | expectation    | ns:              |                             |                                       |
|----|---------------------------------------|----------------|------------------|-----------------------------|---------------------------------------|
|    | Strongly Agree                        | ☐ Agree        | <b>以</b> Neither | ☐ Disagree                  | ☐ Strongly Disagree                   |
| 2. | The session content                   |                | priate and in    | formative:                  |                                       |
|    | △Ştrongly Agree                       | ☐ Agree        | → Neither        | → Disagree                  | ☐ Strongly Disagree                   |
| 3. | How likely are you t                  | o use what     | you learned      | today within                | the next 6 months?                    |
|    | 3Strongly Agree                       | <b>∟</b> Agree | ☐ Neither        | <b>山</b> Disagree           | ☐ Strongly Disagree                   |
| 4. | In what way(s) will y                 |                |                  |                             | in this session?                      |
|    |                                       |                |                  |                             |                                       |
|    |                                       |                |                  |                             |                                       |
| 5. | What was the most                     | valuable as    | spect of this    | session?                    |                                       |
|    | Hous to                               | s ch           | <u> </u>         | Dort                        | ions and                              |
|    | PCIT 1055                             | ters.          | 100H             | ellon                       | realizing                             |
|    | i t                                   |                |                  |                             |                                       |
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| 6. | What was the least                    | valuable as    | spect of this    | session?                    |                                       |
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|    |                                       |                |                  |                             | · · · · · · · · · · · · · · · · · · · |
| 7. | Would you be intere                   | sted in atte   | ending a long    | ger workshop                | on this topic?                        |
|    | DyYes ⊔ No                            | )              |                  |                             |                                       |
|    | If yes, list nar                      | me and ema     | ail for more i   | nformation:                 | \ 1 —                                 |
| ŀ  | Duttanri                              | , Wur          | remak            | er 100                      | unemaker@co                           |
| _  | _                                     | ,              |                  |                             | at burou                              |
| 8. | Comments or sugge: (Additional Commen |                | estions can b    | e written on ti             | ر ۱<br>he_back of this form.)         |
|    |                                       |                |                  | eaker                       |                                       |
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|    | A A THE CONTRACT                      | アナノヘバー         | <b>L</b> ·       |                             |                                       |

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

|      | he session met my  | and the same of th |              |                |   |  |  |  |  |
|------|--|--|--------------|----------------|---|--|--|--|--|
|      | Strongly Agree   | ☐ Agree  | ☐ Neither    | ☐ Disagree     | ☐ Strongly Disagree                                     |  |  |  |  |
| 2. T | he session content   | was appro  | priate and i | nformative:    |   |  |  |  |  |
| /    | Strongly Agree   | ☐ Agree  | ☐ Neither    | ☐ Disagree     | ☐ Strongly Disagree                                     |  |  |  |  |
| 3. H | low likely are you t   | o use wha  | t you learne | d today withir | n the next 6 months?                                    |  |  |  |  |
| 1    | Strongly Agree   | ☐ Agree  | ☐ Neither    | ☐ Disagree     | ☐ Strongly Disagree                                     |  |  |  |  |
| 4. I | n what way(s) will  I believe  could a presented   | c an   | 1 Aut        | itien          | I in this session?  Pro fessional  Coloribles  Prochec. |  |  |  |  |
|      | The Manne of not any garties  The Manne of not any garties  Control but the behavior psychological  Aspect of notition regarding serving size and  buildy answersh  S. What was the least valuable aspect of this session? |  |              |                |   |  |  |  |  |
| 8. ( | buch mayer   | me and em  o  setions:  nts or sugg  | ail for more | information:   | the back of this form.)                                 |  |  |  |  |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my                                   | expectatio                              | ns:                                       |   |  |
|---|---|---|---|--|
| Strongly Agree עני                                      | ☐ Agree                                 | 🚨 Neither                                 | 🗀 Disagree                                    | Strongly Disagree  |
| 2. The session content                                  | t was appro                             | priate and in                             | iformative:                                   |  |
| धे Strongly Agree                                       | ط Agree                                 | □ Neither                                 | <b>᠘</b> Disagree                             | ☐ Strongly Disagree  |
| 3. How likely are you                                   | to use what                             | you learned                               | l today within                                | the next 6 months?   |
|   | 🗓 Agree                                 | ☐ Neither                                 | 🔾 Disagree                                    | ☐ Strongly Disagree  |
| 4. In what way(s) will  I will w  I if it al  TO Cherif | you apply t<br>He We<br>He IV<br>S/βG/F | he informati<br>SL 100<br>MY 1<br>(1,pav) | ion presented<br>IN IN Y<br>NUME L<br>IF ALOO | in this session?<br>My flowful<br>Men tellicing<br>ut partian control. |
| 5. What was the most<br>Stories (<br>Were releving      |   |   |   | familye's<br>1 to \$ Support   |
| 6. What was the least                                   | valuable as                             | spect of this                             | session?                                      |  |
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|   |   |   |   |  |
|   |   |   |   |  |
| 7. Would you be intended.                               |   | ending a lon                              | ger workshop                                  | on this topic?   |
| If yes, list na   |   |   |   | aphmc.org  |
| 8. Comments or sugge<br>(Additional Comme               |   | estions can b                             | e written on t                                | he back of this form.)   |
|   |   |   |   |  |
|   |   |   |   | er ar are see  |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my  | expectation<br>□ Agree   | ns:<br>Neither | 급 Disagree            | 니 Strongly Disagree    |  |  |  |  |  |
|--|--|----------------|-----------------------|------------------------|--|--|--|--|--|
| 2. The session content   | was approp<br>🗓 Agree  |                | formative:            | ☐ Strongly Disagree    |  |  |  |  |  |
| 3. How likely are you t  Astrongly Agree   | o use what<br>🗀 Agree  |                |                       | the next 6 months?     |  |  |  |  |  |
| 4. In what way(s) will you apply the information presented in this session?  I'm going to try to bring mindful  eating into my nutrither ed session! |  |                |                       |                        |  |  |  |  |  |
| 5. What was the most valuable aspect of this session?  The Soup Story + ICE Cream Story "Molling things more convenient makes people eat more of "   |  |                |                       |                        |  |  |  |  |  |
| 6. What was the least  | valuable as  | spect of this  | session?              |                        |  |  |  |  |  |
|  |  |                |                       |                        |  |  |  |  |  |
|  |  |                |                       |                        |  |  |  |  |  |
| ν'   | 7. Would you be interested in attending a longer workshop on this topic? |                |                       |                        |  |  |  |  |  |
| If yes, list na<br>Ci'UrU M  | me and emi   | ail for more i | nformation:<br>Orales | a phmcorg              |  |  |  |  |  |
| 8. Comments or sugge<br>(Additional Comme  |  | estions can b  | e written on t        | he back of this form.) |  |  |  |  |  |
|  |  |                |                       |                        |  |  |  |  |  |

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met my                     | expectatio           | ns: )         |                   |                         |
|---|----------------------|---------------|-------------------|-------------------------|
| ☐ Strongly Agree                          | <b>△</b> Agree       | Weither       | <b>□</b> Disagree | ☐ Strongly Disagree     |
| 2. The session content                    | t was <i>a</i> ippro | priate and in | iformative:       |                         |
| 🖵 Strongly Agree                          | Agree کن             | ○ Neither     | ☐ Disagree        | ☐ Strongly Disagree     |
| 3. How likely are you                     | to use/what          | t vou learned | d today within    | the next 6 months?      |
| ☐ Strongly Agree                          | ,                    | Neither       | ☐ Disagree        | ☐ Strongly Disagree     |
| 4. In what way(s) will                    | you apply t          | the informat  | ion presented     | in this session?        |
|   |                      |               |                   |                         |
|   |                      |               |                   |                         |
| <u></u>                                   |                      |               |                   |                         |
| 5. What was the most                      | t valuable a         | spect of this | session?          |                         |
| NA  | <b>\(\)</b>          |               |                   |                         |
|   |                      |               |                   |                         |
| 6. What was the least                     | valuable a           | spect of this | session?          |                         |
| The Trying of                             | o ect                | healthy       |                   |                         |
|   |                      |               |                   |                         |
|   |                      |               |                   |                         |
| 7. Would you be inter                     |                      | ending a lon  | iger workshop     | on this topic?          |
|   | -                    | ail for mara  | informations      |                         |
| <b>△</b> 3                                |                      |               | information:      | 4                       |
| Geny Ruber                                | <b>€</b> ⊅0          | Sion          | 4 2 022           | mal.com.                |
| 8. Comments or suggi<br>(Additional Comme |                      | estions can b | e written on t    | the back of this form.) |
|   |                      |               |                   |                         |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my expectations:   |       |
|---|-------|
| 의 Strongly Agree 기 Neither 의 Disagree 의 Strongly Disagree   |       |
| 2. The session content was appropriate and informative:   |       |
| Strongly Agree  |       |
| 3. How likely are you to use what you learned today within the next 6 months?                             |       |
| 니 Strongly Agree 니 Neither 니 Disagree 니 Strongly Disagree   |       |
| 4. In what way(s) will you apply the information presented in this session?                               |       |
| I will use this in everyday life when   | 1     |
| speaking to friends.  |       |
|   |       |
| 5. What was the most valuable aspect of this session?   |       |
| Unformative teasy to implement tip  | يرسين |
|   |       |
|   |       |
| 6. What was the least valuable aspect of this session?  |       |
|   |       |
|   |       |
|   |       |
| 7. Would you be interested in attending a longer workshop on this topic?                                  |       |
| If yes, list name and email for more information:   |       |
| Cartlyn Bacon caitlynbacon 22@gm  | أسا   |
| 8. Comments or suggestions: (Additional Comments or suggestions can be written on the back of this form.) |       |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

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| nd email for n                                      | nore informati   | on:   |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my  | expectati   | ons:          |                 |   |
|------------------------|-------------|---------------|-----------------|---|
| Strongly Agree         | ☐ Agree     | ☐ Neither     | ☐ Disagree      | Strongly Disagree                       |
| 2. The session conten  | t was appr  | opriate and i | nformative:     |   |
|                        | ☐ Agree     | ☐ Neither     | ☐ Disagree      | ☐ Strongly Disagree                     |
| 3. How likely are you  | to use wha  | it you learne | d today withi   | n the next 6 months?                    |
| Strongly Agree         | ☐ Agree     | ☐ Neither     | ☐ Disagree      | ☐ Strongly Disagree                     |
| 1. In what way(s) will | you apply   | the informat  | tion presented  | d in this session?                      |
| As a clini             | cal die     | titian 1      | will do         | finitely use                            |
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| 5. What was the most   | valuable a  | spect of this | s session?      |   |
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| 6. What was the least  | valuable a  | spect of this | session?        |   |
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| '. Would you be intere |             | tending a lor | nger workshop   | on this topic?                          |
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| lease place the comi   | oleted eval | uation shee   | t in the box.   | at the back of the room.                |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m                      | y expectation  | ns:                                   |                                       |                                       |
|---|----------------|---------------------------------------|---------------------------------------|---------------------------------------|
| Strongly Agree                            | 🗀 Agree        | ☐ Neither                             | 👊 Disagree                            | ☐ Strongly Disagree                   |
| 2. The session conter                     | it was appro   | priate and i                          | nformative:                           |                                       |
| Strongly Agree                            | ☐ Agree        | ☐ Neither                             | <b>□</b> Disagree                     | ☐ Strongly Disagree                   |
| 3. How likely are you                     | to use wha     | t you learne                          | d today withi                         | n the next 6 months?                  |
| Strongly Agree                            | <b>以</b> Agree | ☐ Neither                             | → Disagree                            | ☐ Strongly Disagree                   |
| 4. In what way(s) wil                     | l you apply    | the informa                           | tion presented                        | in this session?                      |
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| 5. What was the mos                       | t valuable a   | spect of this                         | s session?                            |                                       |
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| 6. What was the leas                      | t valuable a   | spect of this                         | session?                              |                                       |
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| 7. Would you be inter                     |                | ending a lor                          | nger workshop                         | on this topic?                        |
| If yes, list na                           | me and em      | ail for more                          | information:                          |                                       |
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| 8. Comments or suggi<br>(Additional Comme |                | estions can t                         | oe written on t                       | the back of this form.)               |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met my                       | expectatio        | ns:                      |                       |                                       |
|---|-------------------|--------------------------|-----------------------|---------------------------------------|
| Strongly Agree                              | ☐ Agree           | □ Neither                | ☐ Disagree            | ☐ Strongly Disagree                   |
| 2. The session content                      | was appro-        | priate and in            | iformative:           |                                       |
| Strongly Agree                              | ے Agree           | → Neither                | <b>□</b> Disagree     | <b>△</b> Strongly Disagree            |
| 3. How likely are you t                     |                   | You learned<br>☐ Neither | f today within        | the next 6 months?                    |
| 4. In what way(s) will                      | _                 |                          | •                     |                                       |
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| visual que                                  | s do              | Sc n                     | nuch                  | when looking                          |
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| 5. What was the most                        |                   |                          |                       |                                       |
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| 6. What was the least                       | valuable as       | pect of this             | session?              |                                       |
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| 7. Would you be intere                      |                   | ending a lon             | ger workshop          | on this topic?                        |
| If yes, list nar<br>Alcia Lei               | ne and ema<br>tcl | il for more i            | nformation:           | gmail.com                             |
| 8. Comments or sugges<br>(Additional Commen |                   | stions can b             | ر)<br>e written on ti | /<br>he back of this form.)           |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m | ny expectatio              | ons:                      |                                |  |
|----------------------|----------------------------|---------------------------|--------------------------------|--|
| Strongly Agree       | ☐ Agree                    | ☐ Neither                 | <ul><li>Disagree</li></ul>     | ☐ Strongly Disagree  |
| 2. The session conte | nt was appro               | priate and i              | nformative:                    |  |
| ¥\$trongly Agree     | □ Agree                    | <b>以</b> Neither          | <ul> <li>□ Disagree</li> </ul> | ☐ Strongly Disagree  |
| <b>\</b>             | u to use wha<br>⊔ Agree    | t you learne<br>U Neither | d today within                 | n the next 6 months?<br>☐ Strongly Disagree  |
| 4. In what way(s) wi | II you apply               | the informat              | ion presented                  | I in this session?   |
| Try to               |                            |                           |                                | in my  |
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| 5. What was the mo   |                            |                           |                                | information!   |
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| 6. What was the leas | st valuable a              | spect of this             | session?                       |  |
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| 7. Would you be inte |                            | ending a lor              | iger workshop                  | on this topic?   |
| If yes, list n       | ame and em                 | ail for more              | information:                   |  |
| hum/57               | 'e psi                     | u edi                     | t Hea                          | Her MEarthy  |
| 8. Comments or sugg  | gestions:<br>ents or sugge |                           |                                | the back of this form.)  |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met my                       | expectatio<br>□ Agree | ons:<br>의 Neither        | <b>⊔</b> Disagree         | ☐ Strongly Disagree                         |
|---|-----------------------|--------------------------|---------------------------|---|
| 2. The session content                      |                       | priate and in            | nformative:<br>□ Disagree | 니 Strongly Disagree                         |
| 3. How likely are you Strongly Agree        | to use wha<br>コ Agree | t you learned<br>Neither | d today within            | n the next 6 months?<br>☐ Strongly Disagree |
| 4. In what way(s) will I NOO to             | 2 106                 | e Wei                    | ion presented             | in this session?                            |
|   |                       |                          |                           |   |
| 5. What was the most                        | valuable a            | spect of this            | session?                  |   |
| auo   | F 7                   | <br>                     |                           |   |
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| 6. What was the least                       | valuable as           | spect of this            | session?                  |   |
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|   | . (. )                |                          |                           |   |
| 7. Would you be intere                      | sted in atte          | ending a lon             | ger workshop              | on this topic?                              |
| If yes, list nar                            | ne and ema            | ail for more i           | nformation:               |   |
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| 8. Comments or sugges<br>(Additional Commen |                       | stions can be            | e written on ti           | he back of this form.)                      |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met m                    |   | ons:                                    |   |                         |
|---|---|---|---|-------------------------|
| Strongly Agree                          | ☐ Agree   | ☐ Neither                               | Disagree  | ☐ Strongly Disagree     |
| 2. The session conter                   | nt was appr   | opriate and i                           | informative:  |                         |
| Strongly Agree                          | ☐ Agree   | ☐ Neither                               | Disagree  | ☐ Strongly Disagree     |
| 3. How likely are you                   | to use wha  | at you learne                           | d today withi   | n the next 6 months?    |
| Strongly Agree                          | ☐ Agree   | ☐ Neither                               | ☐ Disagree  | ☐ Strongly Disagree     |
| 4. In what way(s) wi                    | l you apply   | the informa                             | tion presented  | d in this session?      |
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| 6. What was the leas                    | t valuable a  | spect of this                           | s session?  |                         |
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| 7. Would you be inte                    | rested in at  | tending a lor                           | nger workshor   | on this topic?          |
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| If ves. list n                          | ame and em  | ail for more                            | information:  |                         |
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| 3. Comments or sugg                     |   |   |   |                         |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met m                      | y expectation | ons:           |                |   |
|---|---------------|----------------|----------------|---|
| Strongly Agree                            | ☐ Agree       | ☐ Neither      | ☐ Disagree     | ☐ Strongly Disagree                       |
| 2. The session conten                     | t was appro   | opriate and i  | nformative:    |   |
| Strongly Agree                            | ☐ Agree       | ☐ Neither      | ☐ Disagree     | ☐ Strongly Disagree                       |
| 3. How likely are you                     | to use wha    | t you learne   | d today withi  | n the next 6 months?  ☐ Strongly Disagree |
| 4. In what way(s) will                    | you apply     | the informat   | ion presented  | in this session?                          |
| Before I                                  | Concern       | mula           | L.M            | redus. Ones las                           |
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| 5. What was the mos                       |               |                |                |   |
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| I a b                                     | · · ·         | 100.           | 0              | hon-bean                                  |
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| 6. What was the least                     | valuable a    | spect of this  | session?       |   |
| 7. Would you be interd                    |               | ending a lon   | ger workshop   | on this topic?                            |
| If yes, list na                           | me and em     | ail for more i | nformation:    |   |
| 8. Comments or sugge<br>(Additional Comme |               | estions can be | e written on t | he back of this form.)                    |
| Please place the comp                     | oleted evalu  | uation sheet   | in the box, a  | at the back of the room.                  |

# SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met my                    | / expectation | ons:          |                |                         |
|--|---------------|---------------|----------------|-------------------------|
| (L) Strongly Agree                       | ☐ Agree       | ☐ Neither     | ☐ Disagree     | → Strongly Disagree     |
| 2. The session conten                    | t was appro   | priate and i  | nformative:    |                         |
| L1 Strongly Agree                        | □ Agree       | (1) Neither   | ☐ Disagree     | ☐ Strongly Disagree     |
| 3. How likely are you                    | to use wha    | t you learne  | d today withi  | n the next 6 months?    |
| 7  | ⊔ Agree       | (1) Neither   | ☐ Disagree     | ☐ Strongly Disagree     |
| 4. In what way(s) will                   | you apply     | the informat  | tion presented | d in this session?      |
| 1  | Iking         | about p       | 2 tin          | entions                 |
| 5. What was the mos                      | ther          | eal nes       | earch sh       |                         |
| Making                                   | health        | in Food       | JVisid         | ole f                   |
| 6. What was the leas                     | t valuable a  | spect of this | s session?     |                         |
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| 7. Would you be inte                     | /             | tending a lo  | nger worksho   | p on this topic?        |
| If yes, list na                          | ame and en    | nail for more | information:   |                         |
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| 8. Comments or sugg<br>(Additional Comme |               | estions can   | be written on  | the back of this form.) |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met a                   | ny expectatio   | ns:                    |                              |   |  |  |  |  |
|--|---|------------------------|------------------------------|---|--|--|--|--|
| Strongly Agree                         | <b>△</b> Agree  | ☐ Neither              | □ Disagree                   | ☐ Strongly Disagree                         |  |  |  |  |
| 2. The session conte                   | 2. The session content was appropriate and informative: |                        |                              |   |  |  |  |  |
| Strongly Agree                         | <b>□</b> Agree  | ☐ Neither              | ⊔ Disagree                   | ☐ Strongly Disagree                         |  |  |  |  |
| 3. How likely are you                  | u to use what   | you learned<br>Weither | d today withir<br>U Disagree | n the next 6 months?<br>☐ Strongly Disagree |  |  |  |  |
| 4. In what way(s) w                    | n di  | 5 tov7                 | 770                          | (5)   |  |  |  |  |
| back                                   |   |                        |                              | to Take                                     |  |  |  |  |
| 5. What was the mo                     | ost valuable as   | spect of this          | session?<br>NJ II<br>BZST    | Herzshva                                    |  |  |  |  |
| 6. What was the lea                    |   | spect of this          |                              |   |  |  |  |  |
| 7. Would you be int                    | erested in att<br>1 No                                  | ending a lor           | nger workshop                | on this topic?                              |  |  |  |  |
| If yes, list                           | name and em<br>VTM A                                    | ail for more           | information:<br>Cap          | an corg                                     |  |  |  |  |
| 8. Comments or sug<br>(Additional Comm |   | estions can t          | e written on i               | the back of this form.)                     |  |  |  |  |
|  |   |                        |                              |   |  |  |  |  |
|  |   |                        |                              |   |  |  |  |  |

#### **SESSION TITLE:** Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: X Strongly Agree □ Agree □ Neither □ Disagree Strongly Disagree 2. The session content was appropriate and informative: Strongly Agree □ Agree **□** Neither ☐ Disagree ☐ Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? X Strongly Agree Neither **◯** Disagree Agree 4. In what way(s) will you apply the information presented in this session? Portion control, more than what is exten, is the must importuate uson for our clients. 5. What was the most valuable aspect of this session? The studies + examples. 6. What was the least valuable aspect of this session? NIA 7. Would you be interested in attending a longer workshop on this topic? XX Yes □ No If yes, list name and email for more information: wxd850psu-edu > whitney Defowell, Mott 8. Comments or suggestions: (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

tim Painter never disappoints! Very Entertaining + in promotor, as always.

| SESSION TITLE:<br>Breakfast Keynote      | – Let's E   | at Mindf      | ully           |                         |
|--|-------------|---------------|----------------|-------------------------|
| 1. The session met my e                  | expectatio  | ns:           | ☐ Disagree     | ☐ Strongly Disagree     |
| Strongly Agree                           | → Agree     | - Mettilet    | - Disagree     | _ 50.00,91, 50.009.00   |
| 2. The session content v                 |             |               |                |                         |
| Strongly Agree                           | ☐ Agree     | ☐ Neither     | □ Disagree     | ☐ Strongly Disagree     |
| 3. How likely are you to                 | use what    | you learned   | d today within | the next 6 months?      |
| Strongly Agree                           | ☐ Agree     | ☐ Neither     | ☐ Disagree     | ☐ Strongly Disagree     |
| 4. In what way(s) will y                 | ou apply t  | he informat   | ion presented  | in this session?        |
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| regitable                                | U T         |               |                |                         |
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| 5. What was the most v                   | valuable a  | snect of this | session?       |                         |
| of Level or                              |             | Chan          | ging           | plate (vow)             |
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| 6. What was the least v                  | valuable a  | spect of this | session?       |                         |
| n  |             |               |                |                         |
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| 7. Would you be interes                  |             | ending a lor  | nger workshop  | on this topic?          |
| If yes, list nan                         | ne and em   | ail for more  | information:   |                         |
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|  |             |               |                |                         |
| 8. Comments or sugges (Additional Commen | its or sugg | estions can   | be written on  | the back of this form.) |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. | The session m                   | et my expectati<br>ree 😀 Agree | ons:<br>😀 Neither                     | 니 Disagree                  | <b>⊔</b> Strongly Disagree                  |
|----|---------------------------------|--------------------------------|---------------------------------------|-----------------------------|---|
| 2. | The session co                  | ontent was appr<br>ree         | opriate and i<br>Neither              | nformative:                 | ב Strongly Disagree                         |
| 3. | How likely are<br>Strongly Ago  | •                              | at you learne<br>□ Neither            | d today withi<br>U Disagree | n the next 6 months?<br>□ Strongly Disagree |
| 4. | . In what way(s                 | s) will you apply              | the informat                          | tion presente               | d in this session?                          |
|    |                                 |                                |                                       |                             |   |
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| 5. | . What was the                  | e most valuable                |                                       |                             |   |
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|    |                                 |                                |                                       |                             |   |
| 6. | . What was the                  | e least valuable               | ,                                     |                             |   |
|    |                                 |                                |                                       |                             |   |
| 7  |                                 | interested in a                |                                       |                             | p on this topic?                            |
| ٠. | ن Yes                           | ⊐ No.                          | _                                     |                             |   |
|    | It yes,                         | list name and e                | mail for more                         | : information               | <b>:</b><br>                                |
| 8. | . Comments or<br>(Additional Co |                                | gestions can                          | be written on               | the back of this form.)                     |
|    |                                 |                                |                                       |                             |   |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. | The session met n                     | ny expectatio<br>⊔ Agree | ns:<br>• Neither          | 니 Disagree        | ☐ Strongly Disagree     |
|----|---------------------------------------|--------------------------|---------------------------|-------------------|-------------------------|
| 2. | The session conte                     | nt was appro             | priate and i              | nformative:       |                         |
|    | Strongly Agree                        | □ Agree                  | ☐ Neither                 | <b>→</b> Disagree | ☐ Strongly Disagree     |
| 3. | How likely are you<br>Strongly Agree  | u to use wha<br>≟ Agree  | t you learne<br>리 Neither | d today withi     | n the next 6 months?    |
| 4. | In what way(s) w                      | ill you apply            | the informa               | tion presente     | d in this session?      |
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| 5. | What was the mo                       | st valuable a            | spect of thi              | s session?        |                         |
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|    |                                       |                          |                           |                   |                         |
| 6. | What was the lea                      | ist valuable a           | spect of thi              | s session?        |                         |
|    |                                       |                          |                           |                   |                         |
|    |                                       |                          |                           |                   |                         |
|    |                                       |                          | ,                         |                   |                         |
| 7. | Would you be int<br>☐ Yes ==          | erested in at<br>I No    | tending a lo              | nger worksho      | p on this topic?        |
|    | If yes, list                          | name and en              | nail for more             | e information     | :                       |
|    |                                       |                          |                           |                   |                         |
| 8. | . Comments or sug<br>(Additional Comm |                          | estions can               | be written on     | the back of this form.) |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met my                     | y expectatio   | ons:                        |                              |   |  |  |  |
|---|----------------|-----------------------------|------------------------------|---|--|--|--|
| Strongly Agree                            | ⊔ Agree        | 🚨 Neither                   | 🗀 Disagree                   | ☐ Strongly Disagree                         |  |  |  |
| 2. The session conten                     | t was appro    | onriate and i               | nformative:                  |   |  |  |  |
| Strongly Agree                            | LJ Agree       | ⊃priote una i<br>☐ Neither  | ☐ Disagree                   | ☐ Strongly Disagree                         |  |  |  |
|   | _              |                             |                              |   |  |  |  |
| 3. How likely are you Strongly Agree      | to use wha     | it you learne<br>Di Neither | d today withii<br>🗓 Disagree | n the next 6 months?<br>□ Strongly Disagree |  |  |  |
|   | -              |                             | -                            |   |  |  |  |
| 4. In what way(s) will                    | you apply      | the informat                | tion presented               | I in this session?                          |  |  |  |
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| 5. What was the mos                       | t valuable a   | spect of this               | s session?                   |   |  |  |  |
| of Final Mas Ene mos                      | r various ic a | ispect of time              | , 3033, 70, 11,              |   |  |  |  |
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| 6. What was the least                     | t valuable a   | spect of this               | session?                     |   |  |  |  |
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| 7. W. W                                   |                |                             |                              |   |  |  |  |
| 7. Would you be inter                     |                | tenging a lor               | iger worksnop                | on this topic?                              |  |  |  |
| lf yes, list na                           | ime and em     | ail for more                | information:                 |   |  |  |  |
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| 8. Comments or sugge<br>(Additional Comme |                | estions can b               | e written on 1               | the back of this form.)                     |  |  |  |
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#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m                                   | y expectation   | ons:             |                |  |  |  |  |  |
|--|---|------------------|----------------|--|--|--|--|--|
| Strongly Agree   | ات Agree  | 니 Neither        | ☐ Disagree     | ☐ Strongly Disagree  |  |  |  |  |
| 2. The session conten                                  | t was annr  | onriote and i    | nformative:    |  |  |  |  |  |
| •  | u Agree ⊔ Agree   |                  | ☐ Disagree     | ☐ Strongly Disagree  |  |  |  |  |
| / -  |   |                  | -              |  |  |  |  |  |
|  |   |                  | -              | n the next 6 months?   |  |  |  |  |
| 5trongly Agree   | □ Agree   | <b>以</b> Neither | ☐ Disagree     | ☐ Strongly Disagree  |  |  |  |  |
| 4. In what way(s) will                                 | you apply   | the informat     | tion presented | d in this session?   |  |  |  |  |
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| 5. What was the most                                   |   |                  |                |  |  |  |  |  |
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| 6. What was the least valuable aspect of this session? |   |                  |                |  |  |  |  |  |
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| 7. Would you be interes                                |   | ending a lon     | ger workshop   | on this topic?   |  |  |  |  |
| If yes, list na  | me and em   | ail for more     | information:   |  |  |  |  |  |
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| 8. Comments or sugge (Additional Comme                 | stions:<br>nts or sugge   | estions can b    | e written on t | he back of this form.)   |  |  |  |  |
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| Please place the comp                                  | oleted evalu  | uation sheet     | in the box, a  | at the back of the room.   |  |  |  |  |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

|       | ne session met m<br>🖬 Strongly Agree  | y expectation<br>Agree    |                    | ⊔ Disagree                  | ப் Strongly Disagree                        |
|-------|---------------------------------------|---------------------------|--------------------|-----------------------------|---|
| 2. Th | ne session conter                     | nt <sub>.</sub> was appro | priate and in      | nformative:                 |   |
|       | 다Strongly Agree                       | X Agree                   |                    | ☐ Disagree                  | ☐ Strongly Disagree                         |
|       | ow likely are you<br>🗅 Strongly Agree | to use wha                | -                  | i today withi<br>⊔ Disagree | n the next 6 months?<br>☐ Strongly Disagree |
| 4. In | what way(s) wi                        | ll you apply t            | the informat       | ion presented               | d in this session?                          |
|       | portion                               |                           |                    |                             |   |
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| 5. W  | hat was the mo:                       |                           |                    |                             | 11 - 0                                      |
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| 6. W  | hat was the leas                      | st valuable a             | spect of this      | session?                    |   |
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|       |                                       |                           |                    |                             |   |
| 7. W  | /ould you be inte                     |                           | ending a lor       | iger worksho                | p on this topic?                            |
|       | 13                                    | ame and em                | ail for more       | information:                |   |
|       | 11 yes, use 11                        | onic and con              | dii 107 More       |                             | •   |
|       |                                       |                           |                    |                             |   |
| 8. C  | omments or sugg                       | gestions:                 |                    |                             |   |
|       |                                       |                           | estions can b      | e written on                | the back of this form.)                     |
|       |                                       |                           |                    |                             |   |
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#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. | The session                   | met my         | expectatio                               | ns:                    |                       |   |
|----|-------------------------------|----------------|--|------------------------|-----------------------|---|
|    | ☐ Strongly A                  | Agree          | Agree                                    | ☐ Neither              | ☐ Disagree            | ☐ Strongly Disagree                                   |
| 2. | The session                   | content        | was appro                                | priate and in          | formative:            |   |
|    | ☐ Strongly A                  | Agree          | Agree                                    | ☐ Neither              | ☐ Disagree            | ☐ Strongly Disagree                                   |
| 3. | How likely a                  |                | to use wha                               | t you learned          | l today withir        | the next 6 months?  ☐ Strongly Disagree               |
| 4. | In what way                   |                | A 10 10 10 10 10 10 10 10 10 10 10 10 10 | the informat<br>Region | - 1                   | in this session?<br>DIETHAN.<br>MENY                  |
| 5. | What was t                    | he most<br>Lal | l mu                                     |                        |                       | resented.   |
| 6. | What was t                    | he least       | valuable a                               | spect of this          | session?              |   |
|    | 6                             |                |  |                        |                       |   |
| 7. | ☐ Yes                         | □ N            | 0  | _                      | ger workshop          | o on this topic?                                      |
|    | II yes                        | 5, 1151 114    | ine and en                               | iali ioi ilioie        | iniormation.          |   |
| 8. | Comments of (Additional Wash) |                |  | rola a b               | pe written on the SUN | the back of this form.)<br>Insecuntly<br>Ating habits |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m                                    | y expectatio   | ons:          |                   |                         |  |  |  |
|---|----------------|---------------|-------------------|-------------------------|--|--|--|
| Strongly Agree  | <b>□</b> Agree | ্র Neither    | ☐ Disagree        | ☐ Strongly Disagree     |  |  |  |
| 2. The session content was appropriate and informative: |                |               |                   |                         |  |  |  |
| Atrongly Agree  | <b>□</b> Agree | (1) Neither   | <b>山</b> Disagree | ☐ Strongly Disagree     |  |  |  |
| 3. How likely are you                                   | to use wha     | t you learne  | d today withir    | the next 6 months?      |  |  |  |
| Strongly Agree  | 🗀 Agree        | ☐ Neither     | ☐ Disagree        | ☐ Strongly Disagree     |  |  |  |
| 4. In what way(s) wil                                   |                |               |                   |                         |  |  |  |
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| 5. What was the mos                                     | t valuable a   | spect of this | s session?        |                         |  |  |  |
| Video   | ۲ ۲            | Portun !      | Size M            | I.                      |  |  |  |
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| 6. What was the leas                                    | t valuable a   | enent of this | recion2           |                         |  |  |  |
| o. What was the leas                                    | (7)            | •             |                   |                         |  |  |  |
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| 7. Would you be inter                                   |                | tending a for | nger workshop     | on this topic?          |  |  |  |
| lf yes, list n  | ame and em     | ail for more  | information:      |                         |  |  |  |
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| 8. Comments or sugg                                     |                |               |                   |                         |  |  |  |
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SESSION TITLE:

### Breakfast Keynote - Let's Eat Mindfully 1. The session met my expectations: 🖬 Strongly Agree 🗀 Disagree ☐ Strongly Disagree 2. The session content was appropriate and informative: Strongly Agree □ Agree ☐ Neither □ Disagree □ Strongly Disagree 3. How likely are you to use what you learned today within the next 6 months? ₩ Agree □ Strongly Agree ☐ Neither Disagree ☐ Strongly Disagree 4. In what way(s) will you apply the information presented in this session? My portion well go dun! 5. What was the most valuable aspect of this session? 6. What was the least valuable aspect of this session? 7. Would you be interested in attending a longer workshop on this topic? If yes, list name and email for more information: 8. Comments or suggestions: (Additional Comments or suggestions can be written on the back of this form.) He was awsome!

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The session met m                        | ıy expectati            | ons:                       |                             |  |
|---|-------------------------|----------------------------|-----------------------------|--|
| Strongly Agree                              | 🛚 Agree                 | → Neither                  | 🔾 Disagree                  | ☐ Strongly Disagree  |
| 2. The session conten                       | nt was appr             | opriate and i              | nformative:                 |  |
|   | ☐ Agree                 |                            | ات Disagree                 | ☐ Strongly Disagree  |
| 3. How likely are you<br>Strongly Agree     | I to use wha<br>□ Agree | at you learne<br>Q Neither | d today withi<br>⇒ Disagree | in the next 6 months?<br>☐ Strongly Disagree               |
| 4. In what way(s) will  I wo  By USIA  auch | Ill she                 | ie che                     | ets hou                     | d in this session?<br>O TO Cat lesc<br>LBCOMING Mese<br>C. |
| 5. What was the most                        | it valuable a<br>lo ed  | ispect of this             | session?<br>Wort            | being aware  |
| 6. What was the leas                        | t valuable a            | spect of this              | session?                    |  |
|   |                         | •                          |                             |  |
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| 7. Would you be inter                       |                         | ending a lon               | ger workshop                | on this topic?   |
| If yes, list na                             | ime and em              | ail for more               | information:                |  |
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| 8. Comments or sugge<br>(Additional Comme   |                         | estions can b              | e written on t              | he back of this form.)                                     |
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| Please place the com                        | १<br>pleted evalı       | uation sheet               | in the box, a               | at the back of the room.                                   |

| 1. The session met                     | my expectation         | ons:          |                                       |                          |
|--|------------------------|---------------|---------------------------------------|--------------------------|
| Strongly Agree                         | 니 Agree                | ☐ Neither     | <b>∟</b> Disagree                     | ☐ Strongly Disagree      |
| 2. The session cont                    | ent was appr           | opriate and i | informative:                          |                          |
| Strongly Agree                         | ☐ Agree                | ☐ Neither     | <b>□</b> Disagree                     | ☐ Strongly Disagree      |
| 3. How likely are yo                   | ou to use wha          | at you learne | d today withi                         | n the next 6 months?     |
| Strongly Agree                         | ☐ Agree                | ☐ Neither     | ☐ Disagree                            | ⊔ Strongly Disagree      |
| 4. in what way(s) w                    | vill you apply         | the informa   | tion presented                        | I in this session?       |
|  |                        |               | ·                                     |                          |
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| 5. What was the mo                     | ost valuable a         | aspect of thi | s session?                            |                          |
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| 6. What was the lea                    | ast valuabłe a         | spect of this | s session?                            |                          |
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| 7. Would you be int                    | erested in att<br>I No | tending a lor | nger workshop                         | on this topic?           |
| lf yes, list                           | name and em            | ail for more  | information:                          |                          |
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| 8. Comments or sug<br>(Additional Comn | •                      | estions can t | ne written on t                       | he back of this form.)   |
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| Please place the co.                   | mpleted eval           | uation shee   | t in the box,                         | at the back of the room. |

| SESSION TITLE:<br>Breakfast Keynote – Let's Eat Mindfully   |  |
|---|--|
| 1. The session met my expectations:<br>업 Strongly Agree 및 Agree 및 Neither 및 Disagree 및 Strongly Disagree  |  |
| 2. The session content was appropriate and informative:  Strongly Agree   |  |
| 3. How likely are you to use what you learned today within the next 6 months?  ○ Strongly Agree □ Agree □ Neither □ Disagree □ Strongly Disagree  |  |
| 4. In what way(s) will you apply the information presented in this session?  USE Smaller Plats, Pay closer  Other to Portion Si es  |  |
| 5. What was the most valuable aspect of this session?  EVERYNE CON (Clothe TO. IF YOU SEELL YOU WILL EST H.)  6. What was the least valuable aspect of this session?                        |  |
| 7. Would you be interested in attending a longer workshop on this topic?  |  |
| If yes, list name and email for more information:  Kimberty Clark ketermast net  8. Comments or suggestions:  (Additional Comments or suggestions can be written on the back of this form.) |  |
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Please place the completed evaluation sheet in the box, at the back of the room.

|   | y expectati                             | ons:  |   |                     |
|---|---|---|---|---------------------|
| Strongly Agree  | ☐ Agree                                 | ☐ Neither                                   | ☐ Disagree                                | ☐ Strongly Disagree |
| 2. The session conten   | t was appro                             | opriate and i                               | nformative:                               |                     |
| Strongly Agree  | ☐ Agree                                 | ☐ Neither                                   | ☐ Disagree                                | ☐ Strongly Disagree |
| 3 How likely are you  |   | 10 N  |   |                     |
| 3. How likely are you ☐ Strongly Agree                                  | to use wha                              |   |   |                     |
|   | 100                                     | ☐ Neither                                   | ☐ Disagree                                | ☐ Strongly Disagree |
| 4. In what way(s) will  | you apply                               | the informat                                | ion presented                             | in this session?    |
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| 5. What was the most  | valuable as                             | spect of this                               | session?                                  |                     |
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| 6. What was the least   | valuable as                             | nect of this                                | eccion2                                   |                     |
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| 7. Would you be interes   | ted in atta                             | odina - I                                   |   |                     |
| 7. Would you be interes   | sted in atte                            | nding a long                                | er workshop (                             | on this topic?      |
| Yes 🗆 No  |   |   |   | on this topic?      |
| If yes, list nam  | e and ema                               | I for more in                               | formation:                                |                     |
| If yes, list nam  | e and ema                               | I for more in                               | formation:                                |                     |
| Yes 🗆 No  | e and ema                               | I for more in                               | formation:                                |                     |
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| If yes, list nam  Sherri Lyi  Comments or suggest  (Additional Comment) | ions:                                   | I for more in<br>I food bas<br>tions can be | formation:<br>Kef & Con<br>written on the | ocast. Net          |

| 1. The session met my                           | y expectation       | ons:   |                            |                       |
|---|---------------------|--|----------------------------|-----------------------|
| Strongly Agree                                  | <b>□</b> Agree      | □ Neither  | <b>□</b> Disagree          | ☐ Strongly Disagree   |
| 2. The session content                          | t was appro         | priate and in  | nformative:                |                       |
| Strongly Agree                                  | 🖾 Agree             | → Neither  | ☐ Disagree                 | ☐ Strongly Disagree   |
| 3. How likely are you                           | to use wha          | t you learned  | l todav withir             | the next 6 months?    |
| Ustrongly Agree                                 | 🗓 Agree             | ☐ Neither  | <b>□</b> Disagree          | ☐ Strongly Disagree   |
| 4. In what way(s) will                          | you apply t         | the informati  | on presented               | in this session?      |
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| 5. What was the most                            | valuable as         | pect of this   | session?                   | <i>a.</i>             |
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| 6. What was the least v                         | /aluable ası        | pect of this s   | ession?                    | r/R                   |
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|   |                     |  |                            |                       |
| 7. Would you be interes<br>≌Yes ☐ No            | ted in atter        | nding a longe  | er workshop o              | n this topic?         |
| If yes, list name                               | e and emai          | l for more in  | formation:                 |                       |
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| 8. Comments or suggesti<br>(Additional Comments | ions:<br>or suggest | ions can be v  | vritten on the             | back of this form.)   |
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| Please place the comple                         | ted evalua          | tion sheet in  | the box, at                | the back of the room. |

| 1. The session met my                           | expectation               | ons:          |                   |                                       |
|---|---------------------------|---------------|-------------------|---------------------------------------|
| Strongly Agree                                  | 🔾 Agree                   | ্র Neither    | <b>⊔</b> Disagree | ☐ Strongly Disagree                   |
| 2. The session content                          | was appro                 | priate and in | nformative:       |                                       |
| R Strongly Agree                                | <b>以</b> Agree            |               | ☐ Disagree        | ☐ Strongly Disagree                   |
| 3. How likely are you t                         | o use wha                 | t vou learne  | l today withi     | n the next 6 months?                  |
| A Strongly Agree                                | ☐ Agree                   | ☐ Neither     | ☐ Disagree        | ☐ Strongly Disagree                   |
| 4. In what way(s) will                          | you apply t               | he informat   | on presented      | in this session?                      |
| Include<br>Our cle                              | the sses                  | they          | i dle             | and w                                 |
| 5. What was the most                            | valuable as               | pect of this  | session?          |                                       |
|   |                           | <del>.</del>  |                   |                                       |
| Hun m   | e loa                     | hat           | the for           | od we lut                             |
| 6. What was the least v                         |                           |               |                   |                                       |
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| 7. Would you be interest                        | ted in atter              | iding a longe | er workshop o     | on this topic?                        |
| If yes, list name                               | and emai                  | l for more in | formation:        |                                       |
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| 8. Comments or suggesti<br>(Additional Comments | ons:<br><i>or suggest</i> | ions can be v | vritten on the    | e back of this form.)                 |
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| Please place the complete                       | ted evaluat               | tion sheet ir | the box, at       | the back of the room.                 |

| 1. The session met m                    | y expectati    | ons:                                    |   |   |
|---|----------------|---|---|---|
| Strongly Agree                          | ☐ Agree        | ☐ Neither                               | ☐ Disagree                              | ☐ Strongly Disagree                     |
| 2. The session conten                   | t was appr     | opriate and i                           | nformative:                             |   |
| Strongly Agree                          | ☐ Agree        | ☐ Neither                               | ☐ Disagree                              | ☐ Strongly Disagree                     |
| 3. How likely are you                   | to use wha     | it vou learne                           | d today withi                           | n the next 6 months?                    |
| Strongly Agree                          | ☐ Agree        | ☐ Neither                               | ☐ Disagree                              | ☐ Strongly Disagree                     |
| 4. In what way(s) will                  | vou apply      | the informat                            | ion presented                           |   |
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| 6. What was the least                   | valuable as    | pect of this                            | session?                                |   |
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| 7. Would you be intere                  | sted in atte   | ndina a lona                            | er workshop                             | on this 1                               |
| Yes 🗆 No                                | a trace        | nang a long                             | er workshop                             | on this topic?                          |
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| 1. The se    | ession met my              | expectation      | ons:                                  |                   |  |
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| <b>△</b> St  | rongly Agree               | ☐ Agree          |                                       | <b>⊔</b> Disagree | □ Strongly Disagree  |
| 2. The se    | ssion content              | was appro        | priate and in                         | nformative:       |  |
| <b>₫</b> Sti | rongly Agree               | ☐ Agree          | ☐ Neither                             | □ Disagree        | ☐ Strongly Disagree  |
| 3. How J     | ikely are you t            | to use wha       | t you learned                         | i today within    | the next 6 months?   |
| ال اس        | ongly Agree                | <b>⇒</b> I.Agree | <b>○</b> Neither                      | 🗀 Disagree        | ☐ Strongly Disagree  |
| 4. In wha    | t way(s) will              | you apply t      | he informati                          | on presented      | in this session?   |
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| 6. What w    | as the least v             | aluable asp      | ect of this s                         | ession?           |  |
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| 7. Would v   | ou he informati            | tod to our       |                                       |                   |  |
| id           | ou be interest<br>Yes J No | ieu in atter     | iding a longe                         | tr workshop o     | n this topic?  |
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| 1. The session met m                        | y expectati     | ons:             |                                       |   |
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| A Strongly Agree                            | Agree           | <b>○</b> Neither | 🔾 Disagree                            | ☐ Strongly Disagree                     |
| 2. The session conten                       | t was appro     | opriate and i    | nformative:                           |   |
| Strongly Agree                              | <b>□</b> Agree  | □ Neither        | → Disagree                            | → Strongly Disagree                     |
| 3. How likely are you                       | to use wha      | it you learne    | d today withi                         | n the next 6 months?                    |
| Strongly Agree                              | 🗀 Agree         | → Neither        | 🗀 Disagree                            | ☐ Strongly Disagree                     |
| 4. In what way(s) will                      | you apply       | the informat     | tion presented                        | I in this session?                      |
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| E What was the week                         |                 |                  |                                       |   |
| 5. What was the most                        |                 |                  |                                       |   |
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| 6. What was the least                       | valuable as     | spect of this    | session?                              |   |
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| 7. Would you be intere                      | sted in atte    | ending a long    | ger workshop                          | on this topic?                          |
| lf yes, list nan                            | ne and ema      | il for more i    | nformation:                           |   |
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| 8. Comments or sugges<br>(Additional Commen |                 | stions can be    | written on th                         | e back of this form.)                   |
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| 1. The session met m   | y expec <u>t</u> ațio                               | ons:                        |  |  |
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| 2. The session conten  | t was appro   | onriate and in              | nformative                             |  |
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| 3. How likely are you  | to use who  | t vall laarna               | العائب بالمامية                        |  |
| ☐ Strongly Agree   | Agree   | ⊥ you rearrier<br>☐ Neither | u today withi<br>□ Disagree            | n the next 6 months?  □ Strongly Disagree  |
| 4. In substance (-)(1)   | • -   |                             | -                                      | •  |
| 4. In what way(s) will   | you apply   | the informat                | ion presented                          | in this session?   |
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| 5. What was the most   | : Valuable a  | tneat of thic               | rection?                               |  |
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| 6. What was the least  | valuable as   | spect of this               | session?                               |  |
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| 7. Would you be intere   | sted in atte  | ending a long               | ger workshop                           | on this topic?   |
| If yes, list nar   | ne and ema  | il for more i               | nformation:                            |  |
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| 8. Comments or sugges  |   |                             |  |  |
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| Please place the comp  | leted evalu   | ation sheet                 | in the box, a                          | t the back of the room.  |

#### SESSION TITLE: Breakfast Keynote - Let's Eat Mindfully

| 1. The s  | ession met my  | expectatio            | ns:                    |                  |  |  |  |
|---|--|-----------------------|------------------------|------------------|--|--|--|
| ŭi S∈   | rongly Agree   | کے Agree              | ☐ Neither              | □ Disagree       | ☐ Strongly Disagree                    |  |  |
| 2. The session content was appropriate and informative: |  |                       |                        |                  |  |  |  |
| <b>≟</b> 3 St   | rongly Agree   | <b>∟</b> Agree        | → Neither              | □ Disagree       | ☐ Strongly Disagree                    |  |  |
| 3. How  | likely are you t<br>rongly Agree   | o use what<br>⊔ Agree | you learned<br>Neither | today within     | the next 6 months?                     |  |  |
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| 5. What   | was the most   | valuable as           | pect of this           | session?         |  |  |  |
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| 6. What   | was the least  | valuable as           | pect of this           | session?         |  |  |  |
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| 7. Would  | 7. Would you be interested in attending a longer workshop on this topic? |                       |                        |                  |  |  |  |
|   | If yes, list nan   | ne and ema            | il for more i          | nformation:      |  |  |  |
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Please place the completed evaluation sheet in the box, at the back of the room.

| 1. The session i                    | net my            | expectation       | o <b>n</b> s:                          |                                       |  |
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| > Strongly A                        | gree              | ت Agree           | 🗆 Neither                              | 🗓 Disagree                            | ☐ Strongly Disagree  |
| 2. The session of                   | ontent            | was appro         | priate and i                           | nformative:                           |  |
| Strongly Aر                         | gree              | ☐ Agree           |  | ⊔ Disagree                            | ☐ Strongly Disagree  |
| 3. How likely ar                    | e you t           | o use wha         | t you learne                           | today within                          | n the next 6 months?   |
| <b>≱(</b> Strongly A                | gree              | ☐ Agree           | ☐ Neither                              | <b>∟</b> Disagree                     | ☐ Strongly Disagree  |
| 4. In what way(                     | s) will y         | you apply         | the informat                           | ion presented                         | in this session?   |
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| 6. What was the                     | least v           | aluable as        | pect of this                           | ession?                               |  |
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| 7. Would you be                     | interesi<br>⊒ No  | ted in atte       | nding a long                           | er workshop (                         | on this topic?   |
| If yes, li                          | st name           | e and ema         | il for more in                         | formation:                            |  |
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| 8. Comments or s<br>(Additional Con | uggesti<br>nments | ons:<br>or sugges | tions can be                           | written on the                        | e back of this form.)  |
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| Please place the                    | comple            | ted evalua        | tion sheet in                          | n the box, at                         | the back of the room.  |

| 1. The session met m                        | y expectation  | ons:                        |                                       |   |
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| ⊐ Strongly Agree                            | Agree          | Neither ل                   | 니 Disagree                            | C Strongly Disagree                         |
| 2. The session conten                       | it was appro   | opriate and i               | nformative:                           |   |
| Strongly Agree                              | <b>∟</b> Agree | <b>△</b> Neither            | <b>□</b> Disagree                     | ☐ Strongly Disagree                         |
| 3. How likely are you<br>Strongly Agree     | to use wha     | it you learne<br>id Neither | d today withi<br>⊔ Disagree           | n the next 6 months?<br>☐ Strongly Disagree |
| 4. In what way(s) will  You (an st  Vatch A | fill catin     | faut frod                   | s and lo                              |   |
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| 6. What was the least                       | valuable as    | spect of this               | session?                              |   |
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| 7. Would you be intere                      |                | ending a lon                | ger workshop                          | on this topic?                              |
| If yes, list na                             | me and ema     | il for more                 | information:                          |   |
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| 8. Comments or sugge                        | stions:        |                             | •                                     | he back of this form.)                      |
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| 1. The session me                    | et my expeøtati           | ons:                                  |                   |  |
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| ☐ Strongly Agree                     | ee 🗹 Agree                | <ul><li>Neither</li></ul>             | 🗀 Disagree        | ☐ Strongly Disagree  |
| 2. The session co                    | ntent was appr            | opriate and i                         | nformative:       |  |
| Strongly Agre                        | ee 🗀 Agree                | ্ৰ Neither                            | <b>□</b> Disagree | ☐ Strongly Disagree  |
| 3. How likely are                    | you to use wha            | at you learne                         | d today withi     | n the next 6 months?   |
|                                      | e 🔎 Agree                 | ☐ Neither                             | 니 Disagree        | ☐ Strongly Disagree  |
| 4. In what way(s)                    | will you apply            | the informat                          | tion presented    | d in this session?   |
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| 5. What was the r                    | nost valuable a           | spect of this                         | session?          |  |
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| 7. Would you be in                   | iterested in atto<br>☑ No | ending a long                         | ger workshop      | on this topic?   |
| If yes, list                         | name and ema              | ail for more i                        | nformation:       |  |
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| 1. The session met m                        | y expectati            | ons:                                  |               |  |
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| 🛎 Strongly Agree                            | <b>W</b> Agree         | ☐ Neither                             | ⊔ Disagree    | ☐ Strongly Disagree  |
| 2. The session conten                       | t was appr             | opriate and i                         | nformative:   |  |
| → Strongly Agree                            | ∆ Agree                | ☐ Neither                             | → Disagree    | ப் Strongly Disagree   |
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| 4. In what way(s) will                      | you apply              | the informat                          | ion presented | in this session?   |
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| 5. What was the most                        | valuable a             | spect of this                         | rection?      |  |
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| 7. Would you be intere                      | sted in atte           | ending a long                         | er workshop   | on this topic?   |
| If yes, list nan                            | ne and ema             | il for more in                        | nformation:   |  |
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| 8. Comments or sugges<br>(Additional Commen | tions:<br>ts or sugges | tions can be                          | written on th | e back of this form.)  |
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| Please place the compl                      | eted evalua            | ation sheet i                         | n the box, at | the back of the room.  |

| 1. The session met my                      | , expectation         | ons:                 |                   |                          |
|--|-----------------------|----------------------|-------------------|--------------------------|
| ☐ Strongly Agree                           | 🗀 Agree               | الله Neither         | 🔾 Disagree        | Strongly Disagree        |
| 2. The session conten                      | t was appro           | opriate and i        | nformative:       |                          |
| ☐ Strongly Agree                           | الله Agree            | □ Neither            | 🕒 Disagree        | Strongly Disagree        |
| 3. How likely are you                      | to use wha            | t you learne         | d today withi     | in the next 6 months?    |
| ☐ Strongly Agree                           | <b>山</b> Agree        | 🗅 Neither            | <b>□</b> Disagree | Strongly Disagree        |
| 4. In what way(s) will                     | you apply             | the informa          | tion presente     | d in this session?       |
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| 5. What was the most                       | : valuable a          | spect of this        | s session?        |                          |
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| 7. Would you be intere                     | ~                     | enuing a ion         | iger worksnop     | on this topic?           |
| If yes, list na                            | me and em             | ail for more         | information:      |                          |
|  |                       |                      |                   |                          |
| 9 Commonts or sugge                        | -tions.               |                      |                   |                          |
| 8. Comments or sugge<br>(Additional Commer |                       | stions can b         | e written on t    | he back of this form.)   |
|  |                       |                      |                   |                          |
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| Please place the comp                      | leted eval            | uation sheet         | t in the box,     | at the back of the room. |

| SESSION TITLE<br>Breakfast Keyi      |                                       | Eat Mind                               | fully             |                                       |
|--------------------------------------|---------------------------------------|--|-------------------|---------------------------------------|
| /                                    |                                       |  |                   |                                       |
| 1. The session me                    |                                       | o <b>n</b> s:                          |                   |                                       |
| ¥Strongly Agre                       | e ∐ Agree                             | ☐ Neither                              | <b>□</b> Disagree | ☐ Strongly Disagree                   |
| 2. The session con                   | itent was appr                        | opriate and i                          | nformative:       |                                       |
| ্র Strongly Agre                     | ,                                     | ☐ Neither                              | □ Disagree        | ☐ Strongly Disagree                   |
| 3. How likely are                    | you to use wha                        | at you learne                          | d today withi     | n the next 6 months?                  |
| <b>≟</b> Stronglγ Agree              | e 🖫 Agree                             | 다 Neither                              | → Disagree        | <b>⊔</b> Strongly Disagree            |
| 4. In what way(s)                    |                                       |  | tion presented    | d in this session?                    |
| 1                                    | Class r                               | eam.                                   |                   |                                       |
|                                      |                                       |  |                   |                                       |
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| 5. What was the r                    |                                       | •                                      |                   |                                       |
| trotte                               | n SI                                  | 225                                    |                   |                                       |
|                                      |                                       |  |                   |                                       |
|                                      |                                       | ···· · · · · · · · · · · · · · · · · · |                   |                                       |
| 6. What was the li                   | east valuable a                       | spect of this                          | session?          |                                       |
|                                      |                                       |  |                   |                                       |
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|                                      | · · · · · · · · · · · · · · · · · · · |  |                   |                                       |
| 7. Would you be in                   | iterested in att                      | tending a lor                          | ger workshop      | on this topic?                        |
| If yes, list                         | name and em                           | ail for more                           | information:      |                                       |
|                                      |                                       |  |                   | · · · · · · · · · · · · · · · · · · · |
| 8. Comments or su<br>(Additional Com |                                       | estions can b                          | e written on t    | he back of this form.)                |
|                                      |                                       |  |                   |                                       |
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Please place the completed evaluation sheet in the box, at the back of the room.

| 1. The session             |             | expectation    | ons:           |                   |                         |
|----------------------------|-------------|----------------|----------------|-------------------|-------------------------|
| <b>Matrongl</b>            | y Agree     | <b>ا</b> Agree | ☐ Neither      | 🗀 Disagree        | ☐ Strongly Disagree     |
| 2. The sessio              | n content   | was appro      | priate and i   | nformative:       |                         |
| Strongi                    |             | ط Agree        | → Neither      | □ Disagree        | Strongly Disagree       |
| 3. How lijkely             | are you     | to use wha     | t you learne   | d today within    | the next 6 months?      |
| Strong                     |             |                | ا<br>ا Neither | <b>□</b> Disagree |                         |
| 4. In what w               | ay(s) will  | you apply      | the informat   | ion presented     | in this session?        |
|                            | In          | Sigh           | t 150          | ut of             | 2 ight husband          |
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|                            |             |                |                |                   | y                       |
| 5. What was                |             |                |                |                   |                         |
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| 6. What was                | the least   | valuable as    | spect of this  | sessinn2          |                         |
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| 7. Would you<br>☐ Ye       |             |                | ending a long  | ger workshop      | on this topic?          |
| lf ye                      | s, list nan | ne and ema     | il for more i  | nformation:       |                         |
|                            |             |                |                |                   |                         |
| 8. Comments<br>(Additional |             |                | stions can be  | e written on th   | ne back of this form.)  |
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| Please place 1             | the comp    | leted evalu    | ation sheet    | in the box, a     | t the back of the room. |

| 1. The session n                 |                          |                      |               |                 |                              |
|----------------------------------|--------------------------|----------------------|---------------|-----------------|------------------------------|
| ☐ Strongly Ag                    | ree                      | Agree                | Q Neither     | 🗀 Disagree      | ☐ Strongly Disagree          |
| 2. The session c                 | ontent                   | was appro            | priate and i  | nformative:     |                              |
| 니 Strongly Ag                    | ree                      | Agree                | → Neither     | 니 Disagree      | ☐ Strongly Disagree          |
| 3. How likely ar                 |                          | to use what<br>Agree |               | d today within  | n the next 6 months?         |
|                                  |                          |                      |               |                 | in this session?<br>ING WAYE |
|                                  |                          |                      |               |                 |                              |
|                                  |                          |                      |               |                 |                              |
| 5. What was the                  | e mast                   | valuable as          | spect of this | session?        |                              |
| or ringe ings (iii               | 111056                   |                      |               |                 |                              |
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| 6. What was the                  | least                    | valuable as          | pect of this  | session?        |                              |
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|                                  |                          |                      |               |                 |                              |
|                                  |                          |                      |               |                 |                              |
| 7. Would you be<br>🖺 Yes         | intere:<br>\(\omega\) No |                      | ending a lon  | ger workshop    | on this topic?               |
| If yes, I                        | ist nan                  | ne and ema           | il for more i | nformation:     |                              |
|                                  |                          |                      |               | ···· ·          |                              |
| 8. Comments or<br>(Additional Co |                          |                      | stions can b  | e written on ti | he back of this form.)       |
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| Please place the                 | com n                    | eted avalu           | stion sheet   | in the have     | + the bank of the un-        |

| Breakfast Keynote – Let's Eat Mindfully  |  |  |  |  |  |
|--|--|--|--|--|--|
| 1. The session met my expectations: ☐ Strongly Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree  |  |  |  |  |  |
| 2. The session content was appropriate and informative:  ☐ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree   |  |  |  |  |  |
| 3. How likely are you to use what you learned today within the next 6 months?  △ Strongly Agree □ Agree □ Neither □ Disagree □ Strongly Disagree                       |  |  |  |  |  |
| 4. In what way(s) will you apply the information presented in this session?  |  |  |  |  |  |
| Internation on Portion size  |  |  |  |  |  |
| to pavents a caregiver costing curses & schools  5. What was the most valuable aspect of this session?   |  |  |  |  |  |
| Information on suggestions<br>for sensible portion size  |  |  |  |  |  |
| 6. What was the least valuable aspect of this session?  I think I attended this session  last year but he is wonderful  and it is good to hear the information  again. |  |  |  |  |  |
| 7. Would you be interested in attending a longer workshop on this topic?   |  |  |  |  |  |
| If yes, list name and email for more information:  |  |  |  |  |  |

(Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

8. Comments or suggestions:

| 1. The session met my                                       | / expectation        | ons:           |                    |  |  |  |
|---|----------------------|----------------|--------------------|--|--|--|
| ☐ Strongly Agree  | 🗘 Agree              | 🗀 Neither      | <b>U</b> -bisagree | ☐ Strongly Disagree  |  |  |
| 2. The session content                                      | t was appro          | priate and in  | nformative:        |  |  |  |
| ☐ Strongly Agree  | ے Agree              | ☐ Neither      | Disagree           | <b>△</b> Strongly Disagree   |  |  |
| 3. How likely are you                                       | to use wha           | t vou learned  | l today within     | the next 6 mouth-2   |  |  |
| ୍ୟ Strongly Agree   | ☐ Agree              | Neither        | □ Disagree         | Strongly Disagree  |  |  |
| 4. In what way(s) will                                      | vou apply t          | the informati  | on presented       | in this session?   |  |  |
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| parterns  | in th                | e new          | me ct              | "health" and   |  |  |
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| 5. What was the most  | valuable as          | spect of this  | session?           | 1  |  |  |
| ine ind   | , t when             | n ne           | ment or            | red the  |  |  |
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| 6. What was the least                                       |                      |                |                    |  |  |  |
| "Eat le   | is and               | you'll         | lose               | weight" is   |  |  |
| too simple  | e a se               | lution         | when               | discussing   |  |  |
| obsestly prevention when discussing                         |                      |                |                    |  |  |  |
| 7. Would you be interes                                     | sted in atte         | nding a long   | er workshop o      | on this topic?   |  |  |
| ا Yes غاد کا Yes عاد کا |                      |                |                    |  |  |  |
| If yes, list name and email for more information:           |                      |                |                    |  |  |  |
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| 8. Comments or suggest<br>(Additional Comment               | ions:<br>s or sugges | tions can be   | written on the     | e back of this form.)  |  |  |
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|   |                      |                | *** ** *** ****    |  |  |  |
| Please place the comple                                     | eted evalua          | ntion sheet in | n the box, at      | the back of the room.  |  |  |

| 1. The session me                       | t my expectatio  | ons:           |                   |   |
|---|--|----------------|-------------------|---|
| Strongly Agro                           | ee Li Agree  | ☐ Neither      | ☐ Disagree        | ☐ Strongly Disagree                       |
| 2. The session con                      | ntent was appro  | priate and i   | nformative:       |   |
| ভাইtrongly Agre                         |  | (2) Neither    | <b>□</b> Disagree | ☐ Strongly Disagree                       |
| 3. How likely are                       | you to use what  | t you learne   | d todav within    | n the next 6 months?                      |
| Strongly Agre                           | e 🚨 Agree  | ☐ Neither      | ال Disagree       | ☐ Strongly Disagree                       |
| 4. In what way(s)                       | will you apply t   | the informat   | ion presented     | Lin this session?                         |
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| 5. What was the r                       | nost valuable as   | spect of this  | session?          |   |
|   | J. Z.  | 22 1           | سيد ب             | ltensils                                  |
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| 6. What was the le                      | ast valuable as  | pect of this   | session?          |   |
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| 7. Would you be in                      | terested in atter<br>J No  | nding a long   | jer workshop      | on this topic?                            |
| lf yes, list                            | name and emai  | il for more in | nformation:       |   |
|   |  |                |                   |   |
| 8. Comments or sug<br>(Additional Com   | ggestions:<br>nents or suggesi   | tions can be   | written on th     | e back of this form.)                     |
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| 1. The session met my  | / expectati            | ons:           |                                       |  |
|--|------------------------|----------------|---------------------------------------|--|
| Strongly Agree   | <b>□</b> Agree         | ☐ Neither      | 🗓 Disagree                            | ☐ Strongly Disagree                    |
| 2. The session content   | t was appre            | opriate and i  | nformative:                           |  |
| ☐ Strongly Agree   | Agree                  | ☐ Neither      | <b>□</b> Disagree                     | ☐ Strongly Disagree                    |
| 3. How likely are you  | to use wha             | t vou learne   | d todav within                        | n the next 6 months?                   |
| ্রা Strongly Agree   | Agree                  | □ Neither      | <b>□</b> Disagree                     | ☐ Strongly Disagree                    |
| 4. In what way(s) will   | you apply              | the informat   | ion presented                         | in this session?                       |
|  |                        | <del></del>    | <del>.</del>                          |  |
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| 5. What was the most   | valuable a             | spect of this  | session?                              |  |
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| 6. What was the least  | valuable as            | pect of this : | session?                              |  |
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| 7. Would you be interes  | sted in atte           | ending a long  | er workshop                           | on this topic?                         |
| lf yes, list nam   | ie and ema             | il for more in | nformation:                           |  |
|  |                        |                |                                       |  |
| 8. Comments or suggest (Additional Comment   | tions:<br>'s or sugges | tions can be   | written on th                         | e back of this form.)                  |
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| Please place the comple  | eted evalu             | ation sheet i  | n the box, at                         | the back of the room.                  |

#### SESSION TITLE: Breakfast Keynote – Let's Eat Mindfully

| 1. The session met m                              |               |                           | <b>◯</b> Disagree | <b>⇒</b> Strongly Disagree                  |  |  |
|---|---------------|---------------------------|-------------------|---|--|--|
| 2. The session conten                             |               |                           | nformative:       | ☐ Strongly Disagree                         |  |  |
| 3. How likely are you<br>Strongly Agree           |               | t you learne<br>🖸 Neither |                   | n the next 6 months?<br>☐ Strongly Disagree |  |  |
| 4. In what way(s) will                            | l you apply t | the informat              | tion presented    | l in this session?                          |  |  |
| aware de  | how it        | a pri                     | sent fo           | ېيم   |  |  |
| aware of  | port          | an 24                     | 3.√⊃              | ······································      |  |  |
|   |               |                           |                   |   |  |  |
| 5. What was the mos                               | t valuable a: | spect of this             | s session?        |   |  |  |
|   | _             |                           |                   |   |  |  |
| humor   |               |                           |                   |   |  |  |
| freak into  |               |                           |                   |   |  |  |
| 6. What was the least                             | t valuáble as | spect of this             | session?          |   |  |  |
| information                                       | in the        | 22 . <del>1</del>         | Word              | 4 know                                      |  |  |
| IN Spok   | e 10°         | y ye                      | ريجي يياني        | ter the same                                |  |  |
| Neasce  | ge            |                           |                   | · · · · · · · · · · · · · · · · · · ·       |  |  |
| 7. Would you be inter<br>യ yes ല സ                |               | ending a lor              | iger workshop     | on this topic?                              |  |  |
| If yes, list name and email for more information: |               |                           |                   |   |  |  |
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| 8. Comments or sugge<br>(Additional Comme         |               | stions can b              | e written on t    | he back of this form.)                      |  |  |
|   |               |                           |                   |   |  |  |
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Please place the completed evaluation sheet in the box, at the back of the room.

| 1. The session met my                         | expectation                           | ons:          |                                       |                         |
|---|---------------------------------------|---------------|---------------------------------------|-------------------------|
| 🗀 Strongly Agree                              | <b>Æ</b> Agree                        | 🗀 Neither     | 🗀 Disagree                            | ☐ Strongly Disagree     |
| 2. The session content                        | was appro                             | opriate and i | nformative:                           |                         |
| ☐ Strongly Agree                              | <b>∆</b> Agree                        | ☐ Neither     | ⊒ Disagree                            | ☐ Strongly Disagree     |
| 3. How likely are you t                       | to use wha                            | t vou learne  | d today withi                         | n the next 6 months?    |
| ☐ Strongly Agree                              | 🔊 Agree                               | □ Neither     | 리 Disagree                            | ☐ Strongly Disagree     |
| 4. In what way(s) will                        | you apply                             | the informat  | tion presented                        | I in this session?      |
|   |                                       |               |                                       |                         |
|   |                                       |               |                                       |                         |
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| 5 What was the most                           | م ملطویامی                            |               | <b>3</b>                              |                         |
| 5. What was the most                          | valuable a                            | spect of this | session?                              |                         |
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| **** * ** *** *** *** ***                     |                                       |               |                                       |                         |
| 6. What was the least v                       | /aluable as                           | pect of this  | session?                              |                         |
| bont bring                                    | God                                   | into t        | tis. Th                               | is isn't a              |
| religions co                                  | nseven                                | ce. We        | went                                  | here to bear            |
|   |                                       |               | · · · · · · · · · · · · · · · · · · · |                         |
| 7. Would you be interes                       | ited in atte                          | ending a long | ger workshop                          | on this topic?          |
| If yes, list nam                              | e and ema                             | il for more i | nformation:                           |                         |
|   |                                       |               |                                       |                         |
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| 8. Comments or suggest<br>(Additional Comment |                                       | stions can be | written on th                         | e back of this form.)   |
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| Please place the comple                       | eted evalua                           | ation sheet   | in the box, a                         | t the back of the room. |