



Know Thyself—We’re More than Our Experiences Workshop Evaluation

Date of training: _____ Zip Code (home): _____

1) Overall, how would you rate today’s training?

Poor Fair Okay Good Very Good

2) To what extent do you agree with the following statements?

*Please select your level of agreement AFTER participating in this training by placing an **X** within a circle. Then reflect on what your level of agreement would have been BEFORE participating in this training by placing an **X** within a circle.*

AFTER the training						BEFORE the training				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I understand how trauma and toxic stress are defined.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I understand the concept of healthy brain development.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I understand the impact of trauma on each developmental stage.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I understand the impact of adverse childhood experiences (ACEs) on adult health and behavior.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I understand why the fight, flight or freeze responses occur.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I understand the concept of ‘changing the question.’	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



3) What is the most valuable thing you learned today?

4) How do you plan to use the information shared during this training?

5) Was there anything you did not understand during the training? Yes or No
If yes, please provide specific examples.

6) Would you be interested in returning for another day of training? Yes or No
If no, why?

7) What other comments do you have?

Thank you for your time!