

# 16 responses

[Publish analytics](#)

## Summary

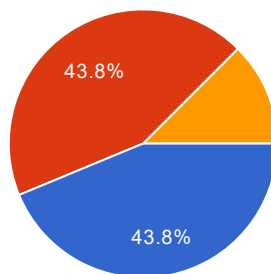
### Date of class

Sep 2016 | 13 (16)

### Instructor(s)

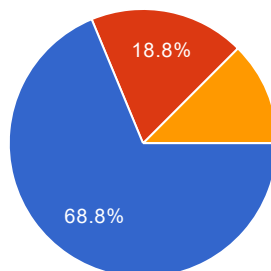
Brant Rogers

### The content was interesting and relevant.



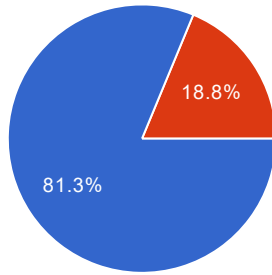
Strongly Agree	7	43.8%
Agree	7	43.8%
Neutral	2	12.5%
Disagree	0	0%
Strongly Disagree	0	0%

### The instructor had an engaging teaching style.



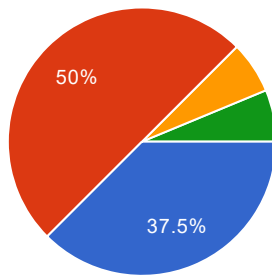
Strongly Agree	11	68.8%
Agree	3	18.8%
Neutral	2	12.5%
Disagree	0	0%
Strongly Disagree	0	0%

**The instructor created an environment where participants were encouraged to ask questions.**



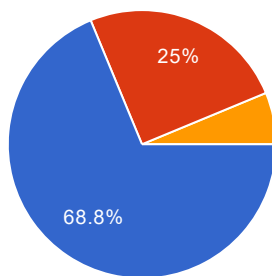
Strongly Agree	<b>13</b>	81.3%
Agree	<b>3</b>	18.8%
Neutral	<b>0</b>	0%
Disagree	<b>0</b>	0%
Strongly Disagree	<b>0</b>	0%

**The information presented met my learning needs.**

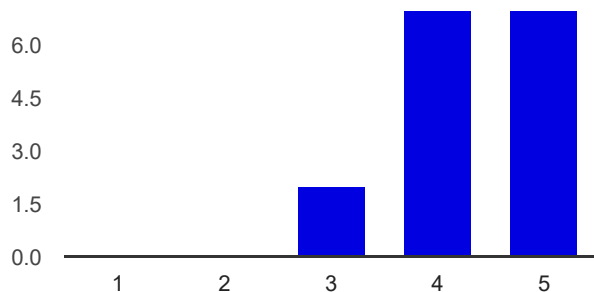


Strongly Agree	<b>6</b>	37.5%
Agree	<b>8</b>	50%
Neutral	<b>1</b>	6.3%
Disagree	<b>1</b>	6.3%
Strongly Disagree	<b>0</b>	0%

**The concepts and skills I learned can be applied directly to my personal and/or professional development.**



Strongly Agree	<b>11</b>	68.8%
Agree	<b>4</b>	25%
Neutral	<b>1</b>	6.3%
Disagree	<b>0</b>	0%
Strongly Disagree	<b>0</b>	0%

**What overall rating would you give this class.**

Inadequate: 1	0	0%
2	0	0%
3	2	12.5%
4	7	43.8%
Exceptional: 5	7	43.8%

**Comments/Suggestions**

more lecture/instructions in between with practice sessions would be beneficial

Wonderful training! The experiential style was appreciated.

Very very helpful for the workplace!

I would change the title to Mindfulness In Your Day, or The Benefits of Mindfulness to your work life and personal life. It might help attendees (or their supervisors) choose or NOT choose this class. It was a very good class and the instructor was excellent.

Brandt did a really great job introducing the concept of mindfulness. It is possible that I have had enough experience with mindfulness and meditation that the class functioned as a reminder of other ways you can use this concept within the workplace, but it would have been even more useful to problem solve daily issues I have at work using these concepts. Perhaps taking a few minutes to write down an example of a time when the workplace was stressful or my mind was overwhelmed with information, etc. And then contemplating how using mindfulness might change my perception of the situation.

Instructor was excellent! I will be recommending this course to others. He was professional and extremely welcoming. This has to be the best training course I have attended thus far.

I think Brant is a great instructor and this is a relevant and powerful training. There are simple things you can apply, and he specifies there is no judgment, no right, no wrong way to begin. It makes it less scary and more likely to make it a practice that way. I liked the different exercises, would have liked to go through the informational powerpoint part of it too (but that's just me). Also more book recommendations/everyday exercises would be a welcome addition. I would recommend him to others and even may pay a visit to his studio in hillsboro!

Maybe more suggestions for next steps, other than 'take time to be aware of yourself and your surroundings'. I will try to do this, and I very much liked our guided practice, but feel that I could

use reminders, or coaching, or a helpful recording...?

### What additional subjects would you like to see offered as future classes?

meditation, relaxation

Instructor was well organized and kept on the subject and task. I wouldn't change a thing.

I think the mindfulness training is absolutely essential as well as the compassion fatigue class.

This might tell you something about the state of civil service...

Communication Skills

We have a fine array of trainings, but I frequently find myself in the role of expert when talking with my peers about transgender issues. I have a transgender teen at home and have learned some basics about being an ally, knowing to ASK people what pronoun they want me to use, etc. Maybe there is a better expert out there who could share these things to help our colleagues gain comfort around this topic?

### Number of daily responses

