



# Blue EQ Workshop

Emotional Intelligence Training for Law Enforcement

Realizing the benefits of emotional intelligence; recognizing your own skill-sets and how to apply the benefits in your personal and professional agendas.

*Designed & Developed by:*

 Taylor-Made Concepts, LLC  
Workforce Development Solutions

703 Versailles Blvd.  
Alexandria, LA 71303  
866.487.2815



## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: HANS Contact #: \_\_\_\_\_Agency: Rapides Parish Sheriff Yrs. In Law Enforcement: 22

Yes, please contact regarding: Personal EQ Coaching Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

- What information stands out the most – made the biggest impact on today?

6 cyl. Theory

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

Yes - its beneficial to 1<sup>st</sup> responders.

- What is one action item you will take away from today's training?

Recognizing "chatter" and how to re focus it.

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

Very Good instructor. This should be a 2 day course  
enough.

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: L. Hopkins Contact #: \_\_\_\_\_Agency: Greenwood Pol. C Yrs. In Law Enforcement: 8 1/2Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

Yes

- What information stands out the most – made the biggest impact on today?

Learning That Stress is Our Friend

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

Yes Especially the young officers who are just coming out of Academy  
 → → young officers coming out of Academy

- What is one action item you will take away from today's training?

Being Aware of my ~~total~~ CHATTER

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

Presenter was very knowledgeable on his material. Made me think about how I am going to handle situations from now on.

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: DARNERD Contact #: \_\_\_\_\_Agency: LOUISIANA STATE MUSEUM POLICE Yrs. In Law Enforcement: 3Yes, please contact regarding: Personal EQ Coaching ☒ Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)  
YES. AS EXPLAINED, HUMANS ARE EMOTIONAL BY NATURE. THIS TRAINING HAS METHODS TO COMBAT BY TEACH US TO REPROGRAM OURSELVES TO THINK FIRST THEN EMOTIONS AND FINALLY ACTION.
- What information stands out the most – made the biggest impact on today?  
BIAS + HIJACK. KNOWING THE OUR MINDS CAN BE HIJACKED. FORTUNATELY, WE CAN COMBAT THE HIJACK.
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)  
DEFINITELY. WITH THE EVERCHANGING STRESS LEVELS OF THE JOB, HAVING THIS TRAINING WILL HELP COPE.
- What is one action item you will take away from today's training?  
MOST/FEAR/EXCITE
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)  
GREAT PRESENTER, HIGH ENERGY ENGAGING INFORMATIVE

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: Thomas Contact #: \_\_\_\_\_Agency: Adams County Sheriff's Office Yrs. In Law Enforcement: 10 yrYes, please contact regarding: Personal EQ Coaching Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

*yes*

- What information stands out the most – made the biggest impact on today?

*understanding the chatter in my mind*

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

*yes, but it would be difficult getting others from my department to participate.*

- What is one action item you will take away from today's training?

*continuously evaluate myself.*

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

*nice by presented!*

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**Feedback & Assessment**  
Date: 10.29.2015

**General (Optional):**

Name: J. LEWIS Contact #: 1  
Agency: LPD Yrs. In Law Enforcement: 10 mo  
Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Training At Our Agency/Academy

**Content & Presentation:**

- Can you use the information presented today – is it beneficial? (If so, please explain)  
INTERESTING TOOLS
- What information stands out the most – made the biggest impact on today?  
CYLINDER TECHNIQUE
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain) YES, EVERYONE SHOULD GET THE CLASS ONCE.
- What is one action item you will take away from today's training?  
CHATTER REGULATION
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)  
ENTERTAINING & INFORMATIVE

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: J Lawrence Contact #: \_\_\_\_\_Agency: Leesville P.D Yrs. In Law Enforcement: 10Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)  
-To a certain degree I feel this is something I've always subconsciously done. when referencing work.
- What information stands out the most – made the biggest impact on today?  
Breakdown of 5 skills.  
Especially - Awareness + Regulation
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)  
Definitely, probably even more beneficial for rookies.
- What is one action item you will take away from today's training?  
My list of Priorities - Needs to be reevaluated
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)  
material is clear + very understandable.  
Presenter was entertaining + able to hold my attention the entire time

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: \_\_\_\_\_ Contact #: \_\_\_\_\_

Agency: \_\_\_\_\_ Yrs. In Law Enforcement: \_\_\_\_\_

Yes, please contact regarding:    Personal EQ Coaching    Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

*Yes. I believe this would help with toxic employees.*

- What information stands out the most – made the biggest impact on today?

*The emphasis on starting to fix yourself first.*

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

*Yes. Too many Alpha personalities afraid of emotions*

- What is one action item you will take away from today's training?

*Using the Six Cylinder Theory to stay focused on priorities.*

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

*~~Fast~~ Presenter did a good overall job. Could cut down on repeat videos & typos.*

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: Angela Contact #: \_\_\_\_\_Agency: St. Landry Parish Sheriff Yrs. In Law Enforcement: 8.5Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

yes. Thought me how to go through the day (every second of it) with a different mind set, on how to do/see, think & feel about a certain situation.

- What information stands out the most – made the biggest impact on today?

That almost everything you do you need to use the different actions, to deal with the situation to make you get through the days.

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

yes, especially those who ~~deal~~ deal with everyday stress that will impact them, and they ~~have~~ take this stress home and will know how to deal with them.

- What is one action item you will take away from today's training?

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

Very good presentation. Detailed. Went into examples and made sure the group understood what the meaning of his presentation was, and made sure everyone left with a different mind frame on their emotional intelligence.

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: Jessica Contact #: \_\_\_\_\_Agency: St. Landry Sheriff's Office Yrs. In Law Enforcement: 8Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

yes, I ~~know~~ now have the proper tools needed to evaluate and access my emotional intelligence. I can better process my negative things and chatter.

- What information stands out the most – made the biggest impact on today?

Skills framework stood out most to me. It provided me with the necessary steps that are needed to process all chatter.

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

yes, ~~every~~ in my opinion every LEO could benefit with from putting each learned skill into play and separate home from workplace and vice versa.

- What is one action item you will take away from today's training?

3 digit code

I will function in the now. What am I thinking, what am I feeling, what am I doing how will I react based on what just happened right now.

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

The presenter was very skillful in this field, he kept on pace, and provided several examples that broke down each example into terms everyone should have understand.

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional)

Name: Chief Contact #: \_\_\_\_\_Agency: St. Martinville P.D. Yrs. In Law Enforcement: 20Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

Yes. I already use it, but not to the extent taught in class.

- What information stands out the most – made the biggest impact on today?

The fact that I now have terms/definitions for the emotions that were always present. This will assist in proper placement and management.

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

Yes. Very beneficial to understand their emotions, but even more important to keep in proper place.

- What is one action item you will take away from today's training?

Host/fear/excite

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

He obviously understands his subject. This allows confident delivery. He also uses these tools to deal w/ his life.

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: Robert Contact #: \_\_\_\_\_Agency: Rapides Parish Sheriff Dept. Yrs. In Law Enforcement: 25Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

yes, It will help me deal with the stressful situations.

- What information stands out the most – made the biggest impact on today?

The three Self-Skills Knowing that I need to fix myself before dealing with others. Me before We.

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

yes. The level of stress placed on today's officers is extremely high. This workshop will give them the tools necessary to better deal and (regulate) this stress.

- What is one action item you will take away from today's training?

Hopefully be able to control the chatter in order to better focus. Controlling emotional hijacks should help me keep my mind from wondering (correction wandering)

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

Kept us engaged. Animated and was able to disseminate complicated material in an easy to understand presentation.

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: Troy Contact #: \_\_\_\_\_Agency: Rapides Parish Sheriffs Dept Yrs. In Law Enforcement: 25 +

Yes, please contact regarding: Personal EQ Coaching Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

Yes try to change to Positive thoughts

- What information stands out the most – made the biggest impact on today?

Change Chatter to present

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

Yes, Change your're thoughts

- What is one action item you will take away from today's training?

stay focused on now

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

Well presented, But must keep in mind Police are trained not to show emotion, are offer our opinion or give feedback.

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: John Contact #: \_\_\_\_\_Agency: RPSO Yrs. In Law Enforcement: 24 yr

Yes, please contact regarding: Personal EQ Coaching Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)  
*Yes it was basically a refresher from what I learned in the Marine Corps.*
- What information stands out the most – made the biggest impact on today?  
*You breaking it down into the emotional intelligence skills and how to use them properly*
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)  
*Yes basic recruits can benefit from this course*
- What is one action item you will take away from today's training?  
*How to control your emotions*
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)  
*He was very good at presenting the information, but I personally think he quotes Kevin Gossner too much.*

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: Shannon Contact #: ( )Agency: R.P.S.D. Yrs. In Law Enforcement: 16Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)  
yes for my personal life and career
- What information stands out the most – made the biggest impact on today?  
Cyclinder
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)
- What is one action item you will take away from today's training?  
staying focus on the now
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)  
excellent presentation

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9/29/2015

## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: Glenn! Contact #: \_\_\_\_\_Agency: RPSO Yrs. In Law Enforcement: 20+Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

Yes. Personal Growth

- What information stands out the most – made the biggest impact on today?

EI

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

yes.

- What is one action item you will take away from today's training?

Enlightenment

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

Passionate/Excellent

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: Micheal Contact #: 1  
Agency: Rapides Parish S.O. Yrs. In Law Enforcement: 28  
Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

Yes

- What information stands out the most – made the biggest impact on today?

Awareness

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

yes. It puts life in perspective

- What is one action item you will take away from today's training?

Capture my thoughts (bad) and turn them good

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

great instructor. really understands the mental concept of life

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name:

Philip

Contact #:

Agency:

RPSO

Yrs. In Law Enforcement:

25.5

Yes, please contact regarding: Personal EQ Coaching Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)  
MOST OF WHAT WAS TAUGHT I CAN SEE IT IN THE WORD OF GOD.
- What information stands out the most – made the biggest impact on today?  
TO BE AWARE, REGULATE, MOTIVATE
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)  
YES, ONE MUST LEARN HOW TO REGULATE SELF AND PROPERLY DEAL WITH CHAOS OR NEGATIVE THOUGHTS.
- What is one action item you will take away from today's training?  
POWER OF THE MIND, BODY & SPIRIT - EMOTIONS.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)  
EXCELLENT. 1-10 10

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: Jeremy Contact #:                     Agency: St Landry Parish SO Yrs. In Law Enforcement: 4

Yes, please contact regarding:    Personal EQ Coaching    Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

yes

- What information stands out the most – made the biggest impact on today?

the chatting

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

yes,

- What is one action item you will take away from today's training?

Self regulation

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

good material. Kept attention

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## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: Marcus Contact #: \_\_\_\_\_Agency: ST. Landry Parish Sheriff's Dept. Yrs. In Law Enforcement: 5Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

Yes/very understandable, Easy to understand.

Very well taught and planned out/put together

- What information stands out the most – made the biggest impact on today?

AMYGDALA - HIJACK

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

Yes to help others regulate the thought process to think before we act, and change our stinking thinking

- What is one action item you will take away from today's training?

Self regulation Going to think about this training in my everyday Life. Put it into Action what I Learned.

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

1- to 10

You Must be Born Again

10

very well presented

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How to control my thought and feeling and channel

them into positive thinking

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9/28/2015

The bible says "fear Not" 365 times, One for each day.

One day at a time I take my life, were not promised tomorrow.  
Glory to God



## Feedback &amp; Assessment

Date: 10.29.2015

## General (Optional):

Name: KIMONO Contact #: \_\_\_\_\_Agency: PPSO Yrs. In Law Enforcement: 21

Yes, please contact regarding: Personal EQ Coaching Training At Our Agency/Academy

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

YES EVERYTHING HELPS

- What information stands out the most – made the biggest impact on today?

6 CYCLES

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)

YES

- What is one action item you will take away from today's training?

ANUSAL CONTROL

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

GOOD PRESENTATION, GOOD ASSESS

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