



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 & Assessment

Date: 10.29.2015

General (Optional):

Name: Randy Contact #: _____Agency: R.P.S.O. Yrs. In Law Enforcement: 13

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)
yes
- What information stands out the most – made the biggest impact on today?
6-Cylinders
- 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?
Focus
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
BEST INSTRUCTOR EVER

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Feedback & 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 & Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)
YES, AN ABILITY TO RECOGNIZE ONE'S EMOTIONS, ALLOWS THE REGULATION OF THE EVENT
- What information stands out the most – made the biggest impact on today?
SELF EVALUATION
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain) SURE, ALL CAN BENEFIT
- What is one action item you will take away from today's training?
MAKING THE PRIORITY AND DESIRE LIST
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
GOOD PACE, SOMEWHAT REPETITIVE.

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Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: _____ Contact #: _____

Agency: Probation and Parole Yrs. In Law Enforcement: 1 1/2

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)

Yes, to help offenders change negative self-talk.

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

The mental 5 (Chatter regulation) tools will be utilized during times of high stress. To prepare for stress I will practice this daily.

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

Yes, everyone, not just LEOs, can benefit from these skills. However, LEOs, in particular, encounter high stress situations that can utilize these tools and skills in order to cope effectively.

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

I liked the Navy Seals Bio 4 (brain training) Short and Sweet. Easy to impart to offenders.

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

Enthusiastic. Over the top hand gestures were distracting. The content and examples were fantastic.

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Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: _____ Contact #: _____

Agency: Probation & Parole Yrs. In Law Enforcement: 3 yrs.

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)

Yes

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

How many thoughts occur every minute
"Take out the trash"

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

Definitely - husband is a crime scene investigator & Marine
he has seen & been through things I can't relate to.

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

"Take the trash out" - unimportant chatter

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

Very personable, interactive, & fun to watch ☺

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Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: Kenneth Contact #: 1
Agency: Rapides Parish S.D. Yrs. In Law Enforcement: 19 yrs.
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)
YES - Focus on the objective at hand
- What information stands out the most – made the biggest impact on today?
All Good material
- 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?
Focus, mental preparation
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Excellent instructor on the material

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Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: Tiffany Contact #: -
Agency: Leesville Police Dept. Yrs. In Law Enforcement: 5 1/2
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)
Yes. Not only does this give you a better understanding of ourselves but gives a better understanding of others. This will assist w/ better decision making.
- What information stands out the most – made the biggest impact on today?
~~Le-Cylinder Theory~~ Le-Cylinder Theory
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain) Yes. Help teach emotional control. "Self-control" when dealing w/ the public & co-workers.
- What is one action item you will take away from today's training?
Short-term goal setting
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Overall good instructor. Has good communication skills and good analogies

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Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: Scot Contact #: Agency: Leesville Police Dept Yrs. In Law Enforcement: 14Yes, 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)
yes. it will enable me to empathize with others and find ways to resolve situations.
- What information stands out the most – made the biggest impact on today?
The chapter. It's always there and once you're aware of it it's manageable and easier to manipulate for positive actions
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain) yes. Not only for empathetic reasons, but to "purge the toxicity" from personal relationships so they can be a better officer
- What is one action item you will take away from today's training?
Keeping in mind short-term goals. Already use it, but need to keep it in mind purge negative thoughts.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
The pace was just right, the material was presented in such a way that it was easier to understand. Knowledgeable of the material and presentation was great!

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This is a class that should be taught and emphasized, possibly as the tendency, or even as a requirement.

Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: Hayla Contact #: 1Agency: Leesville PD Yrs. In Law Enforcement: 5

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)
yes, I think its beneficial to use for yourself and your own emotions and also dealing with helping others with theirs.
- What information stands out the most – made the biggest impact on today?
The six cylinder Theory
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain) yes, its beneficial for the different situations and emotional stresses faced by law enforcement.
- What is one action item you will take away from today's training?
Big 4 - Brain Training
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
was very fast paced but felt presented well and used good examples of each to make sure we understood. Was very interactive and better than powerpoints.

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"I AM AT MY BEST WHEN CONDITIONS ARE AT THEIR WORST!!
HARDSHIP AND MISERY ARE MY COMPANIONS!"

"NO ENEMY CAN SURVIVE MY ATTACK NOR PENETRATE MY DEFENSE"

Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: JOHN Contact #: _____

Agency: PNP, Military, Department of State Yrs. In Law Enforcement: LEO = 2
military = 20+

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)

Yes. Being able to understand what's been going on in my head.

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

Chatter, 86,400

- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain) yes!! Military leaders as well. Military Contractors also.

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

BREATH! T = E = A

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

Parish is a great instructor. Really Really enjoyed the course. I would have loved this course in the military for young leaders.

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Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: Phillip Contact #: _____
Agency: Rapides District Attorney's Office Yrs. In Law Enforcement: 25
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)
yes – in understanding how police officers react and perform when dealing with situations on the street – also in relation to dealing with my employees especially assistant DAs
- What information stands out the most – made the biggest impact on today?
the importance of the science today which explains age old philosophies of positive thinking personalities
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)
yes – all law enforcement and prosecutors to better understand the stressors and appropriate reactions in stress situations
- What is one action item you will take away from today's training?
can feel clutter
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

excellent

Please feel free to use the backside of this sheet for additional space.

Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: Det. James Contact #: _____Agency: St. Landry Parish Sheriff's Dept Yrs. In Law Enforcement: 15Yes, 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)

Yes, to use it at home w/ family,

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

mental s

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

Yes, to realize the skills they are already using at work and to put them to use at home,

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

Awareness

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

Very knowledgeable of information. Presented well. I think it should be a part of the academy and training at all levels in law enforcement.

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Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: Beth Contact #: _____Agency: Leesville Police Dept. Yrs. In Law Enforcement: 18Yes, 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)
Yes - learning to identify & control thoughts & behaviors

- What information stands out the most – made the biggest impact on today?
EI skills
spec. Awareness & Regulation

- 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?
T-E-A
how thoughts & behaviors affect each other

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
info was presented well, but somewhat repetitive.

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General (Optional):

Name: Robert Contact #: _____Agency: Monroe P.D. Yrs. In Law Enforcement: 5Yes, 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)
Yes. I can use the Tools to help tackle everyday ~~things~~ problems at work and home.
- What information stands out the most – made the biggest impact on today?
How to Control Chatter; concentrate on the Task
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)
Yes. This program can help Veteran officers and New officers to deal with everyday problems at the work place.
- What is one action item you will take away from today's training?
Using the Six-Cylinder to improve myself.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
I ~~believe~~ believe the information was presented to the class very well.
Love the personality.

Please feel free to use the backside of this sheet for additional space.

Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: Cpl. Lisa B. C Contact #: 1

Agency: Monroe Police Dept. Yrs. In Law Enforcement: 13 yrs

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)
Principles of "Emotional Intelligence will help you be a better "You, job performance improvement.
- What information stands out the most – made the biggest impact on today?
Understanding what stresses you out and how to isolate those thoughts. Help regulate the mood you are in.
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)
Very beneficial for new officers just beginning a law enforcement career. This course will help prevent so incidents from occurring
- What is one action item you will take away from today's training?
How to regulate the "chatter" take out the trash. "Isolate" !!! Emotional Maturity!!!
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Awesome, eye opening experience needed this course at the beginning of my career.

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Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: N. [unclear] Contact #: _____Agency: St Landry Parish Sheriff's Dept Yrs. In Law Enforcement: 14Yes, 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)

Yes

It can help me realize how to prepare for certain situations and reorganize my thinking method.

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

The Six Cylinder Theory and thinking/emotional methods

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

Yes

It can teach them how to manage themselves so that they perform better and how to separate the areas in life

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

I will reevaluate myself in ^{various} ~~many~~ areas.

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

He was very informative and forces you recognize the way thinking, emotions and actions are related.

Please feel free to use the backside of this sheet for additional space.

Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: Ronald Contact #: Agency: Rapides Parish Sheriff Yrs. In Law Enforcement: 25+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)

yes! to defuse a emotionally dominated situation
Change Your thought

- What information stands out the most – made the biggest impact on today?
understanding Mental Behavior better. So it may be better administered in the future
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)
Emotional behavior is a predecessor to an unforecasted / unpredictable failure. unless one learns to distress them selves!
- What is one action item you will take away from today's training?
Self awareness
manage thoughts. Manage the my Cylinders.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

Excellent

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Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: Ryan Contact #: Agency: St. Landry Parish Sheriff's Office Yrs. In Law Enforcement: 11Yes, 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)

yes, It was completely beneficial ~~to~~ in learning how to regulate thought process to assist in dealing w/ stressors of the job & life.

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

assessing my thoughts to make my life & Communication skills better.

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

yes, Completely so, All officers need to know how to better ~~comm~~ communicate & handle situations; not only on the job but at the house.

- What is one action item you will take away from today's training? think, evaluate and ^{before} reply

Can't take care of my family until I take care of myself first

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

Very informative, material excellent, pace was good, I was very impressed and I'm leaving this class w/ a new outlook on my life

Please feel free to use the backside of this sheet for additional space.

Goals.

Feedback & 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 & Presentation:

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

YES, helps with understanding human nature & applying them to every day life

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

Six Cylinders & setting Goals

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

YES, A Brief class should be taught in Academies.

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

Using the Brain Training

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

Not bad, should do 50 min blocks of instruction every hour w/ 10 min break for bathroom use/move around.

Continue to use video clips w/ tng / Instructor jumped around some while explaining information (more focus w/ more breaks)

Please feel free to use the backside of this sheet for additional space.

Feedback & Assessment

Date: 10.29.2015

General (Optional):

Name: Det. Blaine Contact #: _____Agency: St. Landry Parish Sheriff's Office Yrs. In Law Enforcement: 10 years

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)
*Yes - very understanding
very well taught,*
- What information stands out the most – made the biggest impact on today?
The windows Today and the pass
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain) *yes. It would help Law enforcement deal with their Jobs and Family
(LIFE)*
- What is one action item you will take away from today's training?
most / Fear / Execute
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Awesome !!! very well taught

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