

Tactical EQ Series: Technical Skill of Concentration

Basic Level I
One Day Course

[Includes innovative decision-making models for
rapid recovery and corrective actions]

This content has been modified for:

IP Expo - Loveland, Colorado 2018
[Please contact for the full length course]

Also Included:

1. **Map5:** The Emotional Quotient Competency Model
2. **Mental5:** Technical skills of the mind
3. **Big 4:** Brain training techniques used by the US Department of Defense
4. **Worksheets & Exercises:** Habit-loop engagement and development
5. **Group Discussions:** Engaged learning & application strategies

Designed & Developed by:

⊗ Taylor-Made Concepts, LLC.

866.487.2815



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: [REDACTED]Title: VP OPS SUPPORT Yrs. In Electric Utility: 17Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: [REDACTED]

- Can you use the information presented today – is it beneficial? (If so, please explain)
YES, WILL USE W/ HUP PROGRAM. TO INTEGRATE EXERCISE FOR CREWS. WILL ALSO USE PERSONALLY TO IMPROVE EI.
- What information stands out the most – made the biggest impact on today?
DRIFT BACK TO SITUATIONAL AWARENESS!
"REGULATE THE CHATTER"
- In your opinion, can others benefit from this training? (If so, who and why, please explain)
YES, THE EXERCISES CAN ASSIST FIELD FOLKS FOR SURE.
- What is one action item you will take away from today's training?
WORK ON SETTING UP ADDITIONAL INSTRUCTION.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
GREAT USE OF INSTRUCTIONAL TOOLS - VIDEO, CHART, CLASS ACT.
-SUGGEST TO PROVIDE A SPECIFIC TAKE AWAY EXERCISE

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]

→ MEF: TEA WERE GREAT BUT WERE MORE INFO

**Feedback & Assessment**Date: April 25, 2018**General (Optional):**

Name: _____

Title: HSE ManagerYrs. In Electric Utility: 6.

Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: _____

- Can you use the information presented today – is it beneficial? (If so, please explain)
Portions make sense, given the hectic pace of our industry
- What information stands out the most – made the biggest impact on today?
Chatter check on the crew level, followed by using this practice in a paired setting
- In your opinion, can others benefit from this training? (If so, who and why, please explain)
- What is one action item you will take away from today's training?
Explanation of $T_r = E_o = A$.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Fast paced, excited, prepared to engage class.

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]

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**Feedback & Assessment****General (Optional):**Date: April 25, 2018

Name: _____

Title: Electric Utility Safety Officers Yrs. In Electric Utility: 35 yearsYes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training**Content & Presentation:**

My email address is: _____

- 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?

thoughts into a structure

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

yes - front line workers - hot line work

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

Reminds me of what my grandfather told me - an I learned later he taught me.

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

excellent -

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

General (Optional):

Date: April 25, 2018

Name: [Redacted]

Title: OPERATION'S MANAGER Yrs. In Electric Utility: 32

Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is: [Redacted]

- Can you use the information presented today – is it beneficial? (If so, please explain)
Yes, DRIFT while doing routine work
- What information stands out the most – made the biggest impact on today?
The Kenan (Bosch) clip, but I have to do both depending on what is going on.
- In your opinion, can others benefit from this training? (If so, who and why, please explain)
Yes
- What is one action item you will take away from today's training?
How to bring myself back.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
It was good although you were kinda hard to understand over the mic, kind of garbled.

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: [Redacted]Title: Safety mgr.Yrs. In Electric Utility: 11Yes, please contact regarding: ☐ Personal EQ Coaching ☒ Team EQ MindSet Training

Content & Presentation:

My email address is: [Redacted]

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

yes - This is powerful stuff. I have a teenager & plan on using it on him, as well as @ work.

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

TEA

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

Yes - All workers & workers
Young people -

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

TEA - changing behavior - staying on Task

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

Very motivated speaker - Good!!!

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

*I would Love the Link for the EBook*Date: April 25, 2018

General (Optional):

Name: [REDACTED]

Title: Safety / Loss Control Coord Yrs. In Electric Utility: 35

Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: [REDACTED]

- 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?

I KNEW ABOUT TEA, ALSO APPLIED IT, BUT DIDN'T KNOW IT WAS TEA

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

Yes

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

Work on Word Pictures to Remove Chatter!

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

I Think He Did Well.

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]

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Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: [REDACTED]Title: Director of Safety Yrs. In Electric Utility: 10Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is: [REDACTED]

- 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?

Different ways to bring focus back

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

Yes - Important tool for all to learn

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

Concentration is a learned behavior

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

- great stage presence
- keeps room engaged

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: _____ Contact #: _____

Title: _____ Yrs. In Electric Utility: _____

Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: _____

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

Yes - It will help to stay focus

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

That thinking = Emotion = Action and that thinking should do the driving

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

yes it easy for everyone to be distracted

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

good to be positive

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

he did a great job on all of it

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: [REDACTED]

Title: MANAGER-TRADES TRAINING & WORK METHODS Yrs. In Electric Utility: 32Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is: [REDACTED]

- Can you use the information presented today – is it beneficial? (If so, please explain)
YES. I THINK SHARING THE FACTS ABOUT CHATTER AND 5-15 WORDS A SECOND WILL MAKE PEOPLE AWARE.
- What information stands out the most – made the biggest impact on today?
CHATTER
- In your opinion, can others benefit from this training? (If so, who and why, please explain)
- What is one action item you will take away from today's training?
CHATTER CHECK
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
VERY GOOD. ENERGETIC, KNOWLEDGABLE, RESPECTFUL

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]

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Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: [Redacted]Title: Journeyman Lineman Yrs. In Electric Utility: 10Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is: [Redacted]

- Can you use the information presented today – is it beneficial? (If so, please explain)
Yes - ~~am~~ working on energized conductor
- What information stands out the most – made the biggest impact on today?
Brain is a muscle
- In your opinion, can others benefit from this training? (If so, who and why, please explain)
Yes fellow linemen
- 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)

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: _____ Contact #: _____

Title: _____ Yrs. In Electric Utility: 24

Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: frostykkruthoff@hotmail.com

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

good material, just hard to absorb a week's worth in an hour.

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

people can eliminate distractions

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

everyone can, they just have to want to

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

concentration

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

jumped around too much, good eye contact with people, I never knew what ~~you~~ (era?) you were talking in.

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: _____

Title: MGR OF FIELD OPSYrs. In Electric Utility: 34

Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: _____

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

YES. TIES IN TO OLD TRAINING THAT I HAD "BE HERE NOW"

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

REGULATE THE CHATTER

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

YES - GET THE TEAM INTO THE NOW

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

CONCENTRATION IS A SKILL THAT CAN BE DEVELOPED

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

GREAT JOB - A LOT OF INFO IN A SHORT TIME

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]

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Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name

Title: Utility Training AnalystYrs. In Electric Utility: 30+Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is:

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

Yes, personal development

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

It's natural to mentally drift. It is a skill to bring your attention back

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

Oh yes, "Realization"

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

"Take out the trash"

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

Delivered very well, Fast paced. Had short amount of time to deliver a tremendous amount of material

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: [REDACTED]Title: LinemanYrs. In Electric Utility: 13Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is: [REDACTED]

- Can you use the information presented today – is it beneficial? (If so, please explain)
yes I can use it to help myself, and my family
- What information stands out the most – made the biggest impact on today?
I liked how thought process and impacts on brain were explained
- In your opinion, can others benefit from this training? (If so, who and why, please explain)
yes, I think it is a valuable ~~tool~~ tool to develop
- What is one action item you will take away from today's training?
focus on good thoughts get rid of the bad
"take the trash out"
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
excellent, great energy

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]

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Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: [Redacted]Title: HSE Regional Advisor Yrs. In Electric Utility: 9Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is: [Redacted]

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

Yes. Being able to clear your mind of distractions and be able to focus on your task at hand is a key tool

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

Regulate and clear the chatter

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

Yes, it is an important tool

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

Able to recognize and regulate T=E=A

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

Great Presentation! Material & examples were great!

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name [REDACTED]

Title: VP- HSE

Yrs. In Electric Utility: [REDACTED]

Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is: [REDACTED]

- Can you use the information presented today – is it beneficial? (If so, please explain)
YES - FOCUS & CONCENTRATION ARE GREATLY NEEDED
- What information stands out the most – made the biggest impact on today?
MINDFULNESS
- In your opinion, can others benefit from this training? (If so, who and why, please explain)
YES, THE SAME AS ME - WE'RE ALL THE SAME
- What is one action item you will take away from today's training?
MENTATION
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
HE DID WELL

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]

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**Feedback & Assessment**Date: April 25, 2018**General (Optional):**

Name: _____

Title: Field SupervisorYrs. In Electric Utility: 19½

Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: _____

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

Yes, helped me have Ideas of chatter w/ my crew
positive thinking

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

How much chatter we have / must be positive

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

Yes crew Healthy thoughts

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

More positive thinking

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

Good energy

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]

**Feedback & Assessment**Date: April 25, 2018**General (Optional):**

Name: _____

Title: Substation Yrs. In Electric Utility: 18 yrsYes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training**Content & Presentation:**

My email address is: _____

- 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?
- In your opinion, can others benefit from this training? (If so, who and why, please explain)
- 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)

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]

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Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: [REDACTED]Title: T&D Safety Coordinator Yrs. In Electric Utility: 15Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is: [REDACTED]

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

Yes - I want to know more

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

T E A!

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

*Yes.
Line crews are Beable to concentrate to their full ability.*

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

Learn more and use it in my every day life

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

Excellent! Engaging

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: _____

Title: Meter InvestigatorYrs. In Electric Utility: T.R.E.A

Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: _____

- 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?
T.E.A. – open my mind
- In your opinion, can others benefit from this training? (If so, who and why, please explain) yes
- 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)
Little fast, I took some videos.

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]

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Feedback & Assessment

Date: April 25, 2018

General (Optional):

dunados@cenhud.com

Name: [Redacted]

Title: Senior lead E.T.D.O. Safety & Compliance Yrs. In Electric Utility: 30

Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: [Redacted]

- Can you use the information presented today – is it beneficial? (If so, please explain)
This will help me with distraction training & keeping my students focused
- What information stands out the most – made the biggest impact on today?
The human thought process
- In your opinion, can others benefit from this training? (If so, who and why, please explain)
Anyone that works in a hazardous environment
- What is one action item you will take away from today's training?
Ability to stay focused
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Good job presenting, pace was a little fast.
Good material!

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: [REDACTED]Title: Tech 3 Yrs. In Electric Utility: 9Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is: [REDACTED]

- Can you use the information presented today – is it beneficial? (If so, please explain)
yes, begin to assess important / vital "chatter" going on & implement it where needed.
- What information stands out the most – made the biggest impact on today?
The amount of activity going on in your brain, even on "stand by".
- In your opinion, can others benefit from this training? (If so, who and why, please explain)
yes, Recent studies today have discovered much more than what we knew of the brain 10 yrs ago.
- What is one action item you will take away from today's training?
Do more brain activations.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Interactive, well spoken. One recommendation is more time needed to fully understand material.

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

General (Optional):

Date: April 25, 2018

Name: _____

Title: SAFETY MANAGERYrs. In Electric Utility: 35Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is: _____

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

YES - LOT TO DIGEST BUT HELPER IN PROVIDING BETTER
INSIGHT INTO WHAT HAPPENS WHEN THINGS HAPPEN
GOOD & BAD

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

REVIEW THE CHARTER

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

YES

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

REVIEW THE CHARTER

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

EXCELLENT! PACE A BIT FAST DUE TO TIME CONSTRAINTS

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: _____

Title: SAFETY ADVISORYrs. In Electric Utility: 11 YEARSYes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is: _____

- Can you use the information presented today – is it beneficial? (If so, please explain)
yes, mind has a tendency to focus on the negative or wander. Training encourages positive perspective and relationship to positive performance.
- What information stands out the most – made the biggest impact on today?
Self awareness and self talk.
- In your opinion, can others benefit from this training? (If so, who and why, please explain)
yes. Too many distractions are occurring all the time. Need to slow down and focus on here and now.
- What is one action item you will take away from today's training?
T. E. A. → "Bring it Back"
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Excellent presenter.

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: _____

Title: MILWAUKEEYrs. In Electric Utility: 17

Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: _____

- 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?

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

YES, ALL ABOUT AWARENESS + HOW TO STRENGTHEN A MUSCLE WE ALL HAVE

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

TEAM AND CHATBOX CHECK

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

FAST PACE, HIGH ENERGY, GREAT CLASS

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]

Most exiting fur

Tactical EQ⁴: IP Expo

Emotional Intelligence Training for Electric Utilities
Technical Skill of Concentration



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: _____

Title: _____

Yrs. In Electric Utility: 18

Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: _____

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

yes - yes, return my thoughts back to the "in the moment"

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

the ability to re-concentrate on what I lost
my thought in with clutter

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

yes, everyone could use to think about there life
distractions

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

the ability to re focus

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

great job, 10 out of 10

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]

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**Feedback & Assessment**Date: April 25, 2018**General (Optional):**Name: [Redacted] Contact #: [Redacted]Title: Safety Manager Yrs. In Electric Utility: 16Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training**Content & Presentation:**My email address is: [Redacted]

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

Yes - help w/ chatter/stress/anxiety

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

That it's ok to regulate the chatter.

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

Yes - everyone

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

Practice regulating chatter.

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

Excellent - crammed a lot of complex material into a short presentation.

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: _____

Title: Training Manager Yrs. In Electric Utility: 43

Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: _____

- 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?

Realizing that we are doing things already but the way to engage with other

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

Yes Refocus positive energy

- 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)

Knows the material and has a high level of energy

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Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: [REDACTED]

Contact #. [REDACTED]

Title: Field Training Coordinator

Yrs. In Electric Utility: 45

Yes, please contact regarding: Personal EQ Coaching Team EQ MindSet Training

Content & Presentation:

My email address is: [REDACTED]

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

Yes, I will attempt to pass it on to the training I do, mainly to control the distracting thoughts (bring it back)

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

Chatter Checks – what are you thinking

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

Absolutely, I can't think of anyone who wouldn't
family, work, friends

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

Review my notes to organize my understanding of it

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

Excellent

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: [redacted]

Contact: [redacted]

Title: Gas service worker

Yrs. In Electric Utility: 25

☒ Yes, please contact regarding: Personal EQ Coaching ☒ Team EQ MindSet Training

My email address is: [redacted]

Content & Presentation:

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

Yes - keep on task

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

m e f

- In your opinion, can others benefit from this training? (If so, who and why, please explain)

Yes

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

m e f journal

self talk

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

excellent

[Please tear out and complete the feedback form. Use the backside for additional comments and then personally hand to the instructor after the class, thank you.]



Feedback & Assessment

Date: April 25, 2018

General (Optional):

Name: _____

Title: Supervisor - Safety operations Yrs. In Electric Utility: 10Yes, please contact regarding: ☐ Personal EQ Coaching ☐ Team EQ MindSet Training

Content & Presentation:

My email address is: _____

- Can you use the information presented today – is it beneficial? (If so, please explain)
*yes, particularly around Asmon Performance & explaining
The Concept of "DRIFT".*
- What information stands out the most – made the biggest impact on today?
definition of Concentration & T = E = A
- In your opinion, can others benefit from this training? (If so, who and why, please explain)
yes
- What is one action item you will take away from today's training?
provide instruction on this skill
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
*fast talker but kept bring the concepts together. this
was good. good use of materials*

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