

Feedback & Assessment

Date: December 7th, 2015

General (Optional):

Name: DOMINICK Contact #: _____Agency: IPSO Yrs. In Law Enforcement: 7

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, ORGANIZING PRIORITIES.
- What information stands out the most – made the biggest impact on today?
HOW GOAL SETTING AND POSITIVE REINFORCEMENT CAN LEAD TO BETTER RESULTS.
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)
YES, IN MANAGING CAREER RELATED AND PERSONAL ISSUES
- What is one action item you will take away from today's training?
STOP/START, LOOKING AT THINGS FROM DIFFERENT APPROACH.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
FAST PACED, GOOD RELAY OF INFORMATION & TECHNICAL DELIVERY AND

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

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Date: December 7th, 2015

General (Optional):

Name: Andrew Contact #: _____Agency: JPSO Yrs. In Law Enforcement: 6Yes, 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 helps those who are emotionally intelligent understand themselves better and gives those who are not the tools to better themselves.
- What information stands out the most – made the biggest impact on today?
The tools and understanding of how to be aware and regulate your chatter and emotions.
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain) Absolutely, due to our job involving high stress and high emotional situations on a daily basis, it can help better improve the handling of not only our own emotions, but the emotions of others we deal with.
- What is one action item you will take away from today's training?
Regulating chatter, negative bias and emotional hijacking.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Presenter was very knowledgeable of the information and very enthusiastic in his delivery. Presenter involved everyone.

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General (Optional):

Name: CHAD Contact #: _____Agency: JEFFERSON PARISH SHERIFF'S OFFICE Yrs. In Law Enforcement: 25Yes, 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, MORE THAN ANYTHING IN MY RELATIONSHIP WITH MY WIFE AND CHILDREN TO MAKE THOSE RELATIONSHIPS BETTER.

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

EMOTIONAL HEISACK, SOMETHING THAT WE HAVE ALL EXPERIENCED BUT PUTTING IT INTO A DEFINED TERM MAKES IT SOMETHING WE CAN CONTROL AND WORK ON.

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

YES, IT DEFINITELY HELPS TO PUT A LOT OF WHAT WE EXPERIENCE INTO CONCRETE TERMS THAT MAKE SENSE.

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

REFLECTION, SOMETHING I DEFINITELY NEED TO WORK ON

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

PACE IS EXCELLENT, DELIVERY IS MORE PRACTICAL RATHER THAN ACADEMIC WHICH IS HIGHLY VALUED IN A LAW ENFORCEMENT SETTING.

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Date: December 17th, 2015

General (Optional):

Name: Jason Contact #:Agency: JPSO Yrs. In Law Enforcement: 12Yes, 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. It was very beneficial

- 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 I believe all law enforcement personnel could use this kind of training

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

EQ, EI

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

I feel that the instructor did an awesome job with presenting the material to the class. Instructor was very informative with all the information that was taught.

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Date: December 7th, 2015

General (Optional):

Name: _____ Contact #: _____

Agency: _____ Yrs. In Law Enforcement: 32

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, THE BENEFITS/THREATS OF EMOTIONAL INTELLIGENCE
- What information stands out the most – made the biggest impact on today?
"HIGHJACKING", "CHATTER"
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)
YES, TEACH YOUNGER OFFICERS TO AVOID EMOTIONAL HIJACKING
- What is one action item you will take away from today's training?
BREATHING CONTROL - VALIDATED WHAT I'VE BEEN TEACHING
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
GOOD PACING, EXCELLENT USE OF TRANSITIONING OF VIDEOS TO MATERIAL

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Date: December 7th, 2015

General (Optional):

Name: TROY Contact #: _____Agency: JPSO Yrs. In Law Enforcement: 22

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. IT REALLY TEACHES YOU HOW TO DEAL WITH YOUR EMOTIONS AND TO MAKE THE BEST DECISIONS POSSIBLE.
- What information stands out the most – made the biggest impact on today?
LEARNING ABOUT THE NEGATIVE BIAS OF THE BRAIN
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)
YES, ^{THE} ~~HEATING~~ TRAINING OFFICERS TO ~~MAKE~~ TS LEARN EMPATHY AND TO ALSO CONTROL YOURSELF.
- What is one action item you will take away from today's training?
BRAIN TRAINING
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
AWESOME CLASS !!!

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

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Date: December 7th, 2015

General (Optional):

Name: JASON Contact #: Agency: GRETTA P.D. Yrs. In Law Enforcement: 20Yes, 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)
THIS INFORMATION IS USEFUL FOR EVERY ASPECT OF LIFE.
- What information stands out the most – made the biggest impact on today?
SEX CYLINDER THEORY
- 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?
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
HE COVERED THE MATERIAL AT A GOOD PACE AND ON A LEVEL THAT EVERYONE UNDERSTOOD.

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Date: December 7th, 2015

General (Optional):

Name: JOHNNY Contact #: Agency: JEFFERSON PARISH S.O. Yrs. In Law Enforcement: 28Yes, 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)
THIS WILL HELP ME A GREAT DEAL IN MY LIFE ON AND OFF DUTY
- What information stands out the most – made the biggest impact on today?
LEARNING TO REDIRECT THE MIND IN A POSITIVE WAY IS A TOOL BEYOND VALUE.
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain) YES THIS WILL HELP MANY OFFICERS
- What is one action item you will take away from today's training?
TO BREATHE WHEN THE CHATTER GETS TOO LOUD!
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
OUTSTANDING! DELIVERY RIGHT ON TIME!
THANK YOU!!

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General (Optional):

Name: Alay W Contact #: _____Agency: Jo Ffensen Parish SD Yrs. In Law Enforcement: 27Yes, 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, This will allow Both veterans and Rookie officers to realize their potential and understand certain needs.
- What information stands out the most – made the biggest impact on today?
The negative Bias and Emotional High Jack and what is needed to understand this.
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)
Yes, by helping and understanding what is needed to keep cool.
- What is one action item you will take away from today's training?
The Ability to think Before I say anything.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Parish Did excellent job and is very animated and Believable.

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Date: December 7th, 2015

General (Optional):

Name: Ray Contact #: 2Agency: JPSO Yrs. In Law Enforcement: 10

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. Teaches how to keep calm in volatile situations

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

Self awareness

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

Yes, for reasons described above.

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

Organization of thoughts & emotions

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

Excellent. Very enthusiastic & engaging.

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General (Optional):

Name: JIMMY Contact #: _____Agency: JEFFERSON PARISH SHERIFFS OFFICE Yrs. In Law Enforcement: 22

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 PREPARE ME BETTER WHEN ANSWERING CALLS AND IN LIFE

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

AMY GDALA

- 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?

CHATTER FREE

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

PERFECT

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Date: December 7th, 2015

General (Optional):

Name: CHRISTOPHER Contact #: 2Agency: J.P.S.O. Yrs. In Law Enforcement: 22

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 HAVE A BETTER UNDERSTANDING OF HOW TO DEAL WITH AND RECOGNIZE THE CHATTER.
- What information stands out the most – made the biggest impact on today?
TO PUT A LABEL TO IT. SOMETIMES PEOPLE FEEL THAT THEY ARE ALONE AND FEEL THIS WAY.
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)
YES BECAUSE OF ANSWERS 1 & 2.
- What is one action item you will take away from today's training?
HOW TO IDENTIFY AND EVALUATE
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
ALL IS GOOD, MORE VIDEOS TO REFER TO BY EXAMPLE IS GOOD.

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Date: December 7th, 2015

General (Optional):

Name: Charles Contact #: _____Agency: JPSO Yrs. In Law Enforcement: 1

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?

Always be the threat/risk with negative bias + emotional w/jack.

- 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?

Being able to better deal with the "chatter" and channel it into completing the task at hand

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

Entertaining, kept me engaged with content by using various methods to introduce the material (videos, audio, graph, etc.)

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General (Optional):

Name: Andre Contact #: _____Agency: SPSO Yrs. In Law Enforcement: 6

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 cylinder

- 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?

breathing

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

great

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Date: December 7th, 2015

General (Optional):

Name: BREMY Contact #: _____Agency: JEFFERSON PARISH SHERIFF'S OFFICE Yrs. In Law Enforcement: 9 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. THIS INFORMATION IS HELPFUL IN DEALING WITH THE PUBLIC

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

EVERYTHING DISCUSSED MADE A BIG IMPACT ON MY LIFE

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

I BELIEVE OTHERS IN LAW ENFORCEMENT SHOULD ATTEND THIS CLASS

- 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)

PRESENTER DID AN EXCELLENT JOB IN DELIVERING / EXPLAINING THE INFORMATION NEEDED FOR THE CLASS. PRESENTER WAS VERY ~~THE~~ KNOWLEDGEABLE IN REGARDS TO THE

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General (Optional):

Name: _____ Contact #: _____

Agency: _____ Yrs. In Law Enforcement: 27

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 CAN AND YES IT IS.

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

LEARNED HOW TO DEAL WITH MY EMOTIONS.

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

YES THEY CAN. HELP THEM HANDLE THE STRESS AND EMOTIONS.

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

BREATHING .

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

HE WAS EXCELLENT KNOWS HIS STUFF

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Date: December 7th, 2015

General (Optional):

Name: ERIC Contact #:Agency: JPSO Yrs. In Law Enforcement: 7

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, help me to distress and not bring work home.
- What information stands out the most – made the biggest impact on today?
NAVY SEAL BIO 4
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)
yes absolutely, its very benifitual
- What is one action item you will take away from today's training?
EQ, EI
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Very Knowledgeable, very interesting class

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Date: December 7th, 2015

General (Optional):

Name: MEL Contact #: _____Agency: JPSO Yrs. In Law Enforcement: 12

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)
I CAN USE THIS TRAINING EVERY DAY BOTH IN MY PERSONAL LIFE AS WELL AS IN MY CAREER
- What information stands out the most – made the biggest impact on today?
REGULATING THE CHATTER IS SOMETHING I'VE DONE BUT NEVER HAD A NAME TO ASSOCIATE WITH IT.
- In your opinion, can others in Law Enforcement benefit from this training? (If so, please explain)
YES, BUT YOU NEED TO START AT THE ACADEMY LEVEL AND CONTINUE AS IN-SERVICE TRAINING.
- What is one action item you will take away from today's training?
HOW TO APPLY TO ALL AREAS OF MY LIFE BUT MORE SO WHILE RESPONDING TO CALLS.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
THE FILM CLIPS HELP BRING THE POINTS HOME. THERE ARE SO MANY OTHER EXAMPLES THAT COULD FURTHER ASSIST IN THIS PROCESS.

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