

Louisiana College: Football

Coach Dennis Dunn

Date: October 8, 2015

Team Workshop:

- Introduction to EQ
- Mental5 (Chatter regulation)

Surveys: # 57 Bundle #2 of #2 (38)



Feedback & Assessment

Date: _____

General (Optional):

Name: Kendall Contact #: (_____)Position: Cornerback Yrs. In School: _____

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

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

Yes it is very beneficial because it will give me the right mindset.

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

That by just being in the zone can increase your chances of success.

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes others athletes can because they need to know how to control their emotions.

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

I will take away the Breathing to calm myself down.

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

Very informational with the info.

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

Feedback & Assessment

Date: 10/8

General (Optional):

Name: Joshua Contact #: 1Position: Free-Safety Yrs. In School: 1

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

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

Yes it was beneficial, because it taught me how to slow my mind down & use my brain for greatness

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

Being in the zone can push out irrelevant input in your brain

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes they can because this is a great way to see how using your brain can

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

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

It was great material, with a rapid pace

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Feedback & Assessment

Date: _____

General (Optional):

Name: Chris Contact #: _____Position: DL Yrs. In School: freshman

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

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

Yes, it's very beneficial because I can use my brain to do anything I want.

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

Breathing, how I can take a deep breath and do my task.

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes, we all have a brain.

- 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)

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Feedback & Assessment

Date: 10-8-13

General (Optional):

Name: Brandon Contact #: _____Position: Tight End Yrs. In School: 4Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

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

Yes, it will better me as an leader and player.

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

That to be an elite athlete your brain has alot to do with it.

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes, because they will be able to control emotions no matter the situation.

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

Self-awareness and controlling my situations.

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

He was great, I understood everything well. I enjoyed it very much.

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Feedback & Assessment

Date: _____

General (Optional):

Name: Auryn Contact #: NAPosition: BB Yrs. In School: 3

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

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

Yes Helps get athletes how to be in their zone

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

Understanding to breath and Get through anger by self encouragement.

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes It helps teach coaches to get the most out of players, and players to get the most out of themselves.

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

Breathing when angry and self encouragement

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

He did good. Just a little slow.

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Feedback & Assessment

Date: _____

General (Optional):

Name: Deandre Contact #: _____Position: DT Yrs. In School: 3

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)
yes, The information provided today can be used not only in sport but everyday life.
- What information stands out the most – made the biggest impact on today?
how to control the chatter in your head
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
yes, It will help ^{them} learn how to control their anxiety when the moment is to big.
- What is one action item you will take away from today's training?
Breathe when the moments begins to take over and I lose focus.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Examples = great pace = great material = great

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Feedback & Assessment

Date: 10/8/15

General (Optional):

Name: Taylor Contact #: Position: WR Yrs. In School: 4Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

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

Yes, every second is important. Do your best at every task. Negative thoughts become actions

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

The last part to me. When you go over negative moments your brain keeps seeing them and you do that

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes, I believe it is very beneficial especially to athletes whose lives are defined in seconds

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

*Positive thoughts become actions
Be the best at every little task next*

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

I liked the material took a lot of time but it is very useful.

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Feedback & Assessment

Date: 10-9-15

General (Optional):

Name: Jonathan Contact #: _____Position: DB Yrs. In School: 4

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

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

Yes! I will target my emotions, controlling them.

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

Controlling your thought, with relaxing and taking a breathes.

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes! By applying the info to their weakness area.

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

Blocking the negative out.

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

Very well and often intense.

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Feedback & Assessment

Date: _____

General (Optional):

Name: Ty Contact #: _____Position: Long Snapper Yrs. In School: 5 1/2

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)
Yes, by putting these mental skills into affect I can become tougher mentally, which will, in turn, help my team become tougher mentally. I can control my positive and negative thoughts better.
- What information stands out the most – made the biggest impact on today?
I liked innovation. I realize that we need to take out the trash more often because it piles up more frequently than we realize.
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, 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)

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Feedback & Assessment

Date: _____

General (Optional):Name: Brett Contact #: _____Position: RB Yrs. In School: _____Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training**Content & Presentation:**

- Can you use the information presented today – is it beneficial? (If so, please explain)
I can use some of the info to help myself focus in more.
- What information stands out the most – made the biggest impact on today?
By controlling your chatter you can control your performance.
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, It will help them by never doubting themselves and encouraging themselves.
- What is one action item you will take away from today's training?
Regulate chatter
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

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