

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: Daniel Contact #: _____Position: corner 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 by staying focused
and use the mental 5

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

How important performance anxiety is

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

Yes it could help anyone

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

the mental 5

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

Very passionate speaker

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Kel Contact #: _____Position: Wide Receiver Yrs. In School: 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, because every thing we do part of it is mental and we as human usually depend on something other than thinking

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

I am my best when conditions are at there worst

- 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)

Pace was great

Energy was outstanding

9 out of 10 great presenter

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Nick Contact #: _____Position: RB Yrs. In School: Jr

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 can help me take the pressure off
- What information stands out the most – made the biggest impact on today?
Sports performance is about the brain
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, it can help them focus on the task
- What is one action item you will take away from today's training?
Be the best at the next task
- Please evaluate the presenter's ability to deliver the information, (examples, pace, material)
He broke everything down, to where I could really understand

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

Feedback & Assessment

Date: 10/8/15

General (Optional):

Name: DJ Contact #: _____Position: Wide Receiver Yrs. In School: 2Yes, 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 all this information to take control of my emotions and being the best that I can physically be.

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

"Be as good as your next task."

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

Yes, an overall positive atmosphere can bring a team together

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

"Be as good as your next task."

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

You guys did a great job! Nice examples and energy.

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Cade Contact #: _____Position: Defensive End Yrs. In School: Sophmore

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 needed the skills to regulate chatter

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

Performance anxiety

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

Yes can also help coaches in that moment

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

innovation

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

great

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Victor Contact #: _____Position: Wide Receiver 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 because it gives a better understanding of my brain.

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

The sports competition - Performance Anxiety & Decision making

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

Yes because it will help them train their brains

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

It moments just breathe and relax.

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

Not a lot of time but he presented to where I could understand and benefit from the presentation

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Feedback & Assessment

Date: _____

General (Optional):

Name: Donyell _____ Contact #: 331 _____Position: RB _____ Yrs. In School: 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, it shows how your brain thinks and different ways your brain helps you make important decisions
- What information stands out the most – made the biggest impact on today?
The 3 digit code
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, it helps athletes think about things they don't know about. The brain shows how stress & anxiety takeover all of us.
- What is one action item you will take away from today's training?
When I find myself winging out, focus on my breathing
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

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Feedback & Assessment

Date: _____

General (Optional):

Name: Andrew Contact #: _____Position: H-Back/Fullback 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, it can help me in a game and everyday situations.
- What information stands out the most – made the biggest impact on today?
Organization
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, it can help athletes focus on their task.
- What is one action item you will take away from today's training?
Organization
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
good speech

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

Feedback & Assessment

Date: 10-8-15

General (Optional):

Name: Brent L... Contact #: _____Position: D-Teacher 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 its beneficial. Now I can use my 3 digit code to do my assignment,

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

3 digit code

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

Yes because everything that was said can be related to.

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

Mental 5

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

The presentation was great. He backed up everything he said with movie clips or other info.

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Feedback & Assessment

Date: _____

General (Optional):

Name: Jamarcus Contact #: _____Position: Offensive Line 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 because it will allow me to focus critically on the important moments of life
- What information stands out the most – made the biggest impact on today?
The mental 5 made the biggest impact
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
other teams can benefit from this training because it helps teams to build chemistry
- 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)
Parish did a great job on giving visual examples to supplement the training

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