

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: 10/8/15

General (Optional):

Name: _____ Contact #: _____

Position: _____ 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, helps you slow down and focus

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

Living in the moment

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

Yes, everybody can benefit

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

Steps

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

Presenter had a lot of energy, carried out the message well.

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Blair Contact #: _____Position: Center Yrs. In School: FreshmanYes, 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 let me control myself

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

Zoning out everything.

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

Yes, I believe so.

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

The 3

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

Very good and up pace.

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Feedback & Assessment

Date: 10/8/15

General (Optional):

Name: Easton Contact #: _____Position: Quarterback Yrs. In School: 3Yes, 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, to control myself in the game + in life
- What information stands out the most – made the biggest impact on today?
"I am my best when conditions are at their worst"
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, if you can control your mind you control your body
- What is one action item you will take away from today's training?
To slow the moment down
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

1-101 2 3 4 5 6 7 8 9 10

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Feedback & Assessment

Date: _____

General (Optional):

Name: Rathvon Contact #: (112) 511-2548Position: O-1 Mc 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, I can use this to focus more in everything I do not just on the field
- What information stands out the most – made the biggest impact on today?
86-4
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, he can use it to not lose composure when there's adversity
- What is one action item you will take away from today's training?
Charlie - Milre (continue mission)
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
It was good

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Feedback & Assessment

Date: _____

General (Optional):

Name: Rudolph Contact #: _____Position: Line backer Yrs. In School: JrYes, 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 can because it shows me how to control myself mentally

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

Intelligence of the emotion

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

Yes they can benefit from this training

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

Balance my emotion to control my zone

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

His ability was great by breaking everything down to detail.

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Marquis Contact #: _____Position: Defensive 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, the information that was beneficial because it may have made an impact on how I can be a better athlete.

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

If I'm able to slow down my breathing

alot can change for my body

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

Yes, They can because if you work on the information given step by step it helps in many ways.

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

I will take to slow down my breathing so I could focus only on my task in front of me

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

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Feedback & Assessment

Date: 10-8-15

General (Optional):

Name: Dominic Contact #: _____Position: LB Yrs. In School: Fr.

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

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

How using your mind makes you an elite athlete

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

I believe everyone can benefit from this, because I discovered helpful stuff I knew nothing about.

- 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)

Very active, knows how to get everyone's attention. Clear, and very detailed

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Justin Contact #: _____Position: Safety 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 can help me be the best I can be.

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

focuses on the moment that's happening now.

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

yes, as long as they do the steps.

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

See, think, feel

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

3. Great

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