

Louisiana College: Football

Coach Dennis Dunn

Date: October 8, 2015

Team Workshop:

- Introduction to EQ
- Mental5 (Chatter regulation)

Surveys: # 57 Bundle #1 of #2 (21 surveys)



Feedback & Assessment

Date: _____

General (Optional):

Name: Drake Contact #: _____Position: Quarterback Yrs. In School: 1Yes, 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 never knew how much improving my mental side could actually improve my mental performance
- What information stands out the most – made the biggest impact on today?
That we are actually able to train our brain just as you can train your bodies
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
of course I would say even more so coaches there game is even more mental than players
- What is one action item you will take away from today's training?
I can start to slow down take a breath and think before I do things to slow down what is around me and focus on the now.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
I think the two presenters were both very good speakers they care about the topic and keep your interest.

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Lawrence Contact #: _____Position: WR 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 is always important to have a can do attitude no matter what the task is.

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

being able to control the situation and everything around you

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

Yes, because they now know the skills to help motivate their players and teammates

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

breathing to control a situation to help me get in my zone

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

He did a great job explain and demonstrating everything he talked about.

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Noah Contact #: _____Position: QB 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 know this is my biggest weakness, but never knew how to overcome it.

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

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

yes. Everyone can improve in this.

- 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)

We had to hurry but it was well done. Hopefully he will come back.

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

Feedback & Assessment

Date: 10/8/15

General (Optional):

Name: Richard Contact #: _____Position: Cornerback Yrs. In School: Sr.

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, if I slow things down it will benefit me.

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

Slowing things down is the best way.

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

Yes, because if we focus on one task at a time it benefits.

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

Focus on one task at a time.

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

Elite Presenter (Simple + Straight to the point)

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Joshua Contact #: _____Position: Tight end 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, controlling the chatter -

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

"Trash is the only thing keeping me from the moment"

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

Yes, we all have negative thought that need to be held captive.

- 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)

Excellent.

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

Feedback & Assessment

Date: 10/8/15

General (Optional):

Name: Jimmie Contact #: _____Position: WR 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, using the brain can give an advantage everyday in life.

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

Controlling the chatter

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

Yes, all athletes/coaches should learn to think this way.

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

Throw out the trash

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

Great Job Made the information real.

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

Feedback & Assessment

Date: 10/8/15General (Optional): MaleName: Zacary 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)

Certainly I can use this information presented today, on and off the field as I strive to be the greatest at what I do.

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

The research regarding brain control and performance.

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

I know that any coach and/or player would benefit because this information can help any team win.

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

Do the task to the best of your ability.

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

I truly enjoyed your enthusiasm today! At times you got a little off track, but in the end you got your message across, and I enjoyed everything.

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Quinton Contact #: 3Position: Fire Safety Yrs. In School: 1st

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. I feel like I really needed this
- What information stands out the most – made the biggest impact on today?
Performance Anxiety. I feel like I have been struggling with that.
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, same way I can. Use these tools to better themselves.
- What is one action item you will take away from today's training?
Breathing to calm myself and Charlie-mike.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
It was very good and informational.

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