

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: 10/8/2015

General (Optional):

Name: Brandon Contact #: 8Position: Safety 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 will be able to help me focus.

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

The information about the breath.

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

Others can benefit because this is something that is looked over.

- 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)

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Mason Contact #: _____Position: QB 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 teaches us what is actually going on in your brain.

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

The brain can be worked out.

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

Yes, Because it helps to know how to limit the chatter, and focus on the task.

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

Regulate the chatter, and you only have to be as good as the task at hand.

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

Very Good!!!

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Darian Contact #: _____Position: Free Safety Yrs. In School: 5

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 to know how to remain Focused at the task at hand
- What information stands out the most – made the biggest impact on today?
Be as good as the task
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, Everyone needs to know how to remain Focus
- What is one action item you will take away from today's training?
Controlling My Chatter
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
The Presenter hit everything on the head.

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Steven _____ Contact #: _____Position: Defensive End _____ 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 believe I can because I'm a very emotional person and it does affect my game

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

Mental 5 because it gave me away to combat my emotions.

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

Yes, because everyone has that negative bias that should be controlled.

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

Innovation, and Discrimination

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

Great example, good pace
loved it.

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Reggie Contact #: _____Position: Offensive Guard 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 I can to help better my performance ;
everyday life.

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

"Many are called, but few are chosen."

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

Yes because this information speaks to all
occupations ; all ages.

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

The Mental Edge

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

He spoke well and presented the information
in which the group could comprehend

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Feedback & Assessment

Date: _____

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, I can become elite

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

how much emotion plays a role

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

Yes, provides a chance for everyone to become elite

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

Slow down breathing

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

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Feedback & Assessment

Date: _____

General (Optional):

Name: Cole 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, to make play strictly because of trash in mind.

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

Negative thoughts are contagious to actions.

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

Yes, because not athlete understand his/her mind and this helps to get the building blocks.

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

Know your 3 step code and apply it.

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

Very good, nothing went over my head easily understood.

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Feedback & Assessment

Date: 10/8/15

General (Optional):

Name: Ryan Contact #: _____Position: Center Yrs. In School: Sophomore

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, ~~can~~ cognitively controlling your mind

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

Control your thoughts every second of the day

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

Yes, the ability to control thoughts is valuable

- 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)

I liked his energy

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Feedback & Assessment

Date: 10/18/15

General (Optional):

Name: Jacob Contact #: 1Position: Left Tackle 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, If you constantly drill these chatter regulation techniques It will eventually make its way in.
- What information stands out the most – made the biggest impact on today?
The brain is a security system and constantly brings up negative thoughts.
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, Everything is applicable to everything not just athletes
- 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: Cozenski Contact #: _____Position: RB 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, on the football field.

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

About how concentration is important.

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

yes, by focusing on the task at hand.

- 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: 10/8/2015

General (Optional):

Name: Lionel Contact #: _____Position: linebacker 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 breath to controlle my anger.

- 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)
- 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: 10/8/15

General (Optional):

Name: Anthony Contact #: _____Position: Cornerback 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, I can use it in class and on the football field to focus and be the best I can be.

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

Concentration, the ability to block out everything in that moment except my job.

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

Yes, this can very well bring better performance

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

Regulating the chatter

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

Very passionate and makes it very easy to understand

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