

Sam Houston State University: Baseball

Coach Matt Deggs

Date: October 5, 2015

Team Workshop:

- Introduction to EQ
- Mental5 (Chatter regulation)

Player: ESi Profile (1x)

Coaches: EQ Overview

Surveys: #36



Feedback & Assessment

Date: 10/6/15

General (Optional):

Name: Dane Lovjoy Contact #: _____Position: LHP 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, helped me understand how to control the emotions and regulate them
- What information stands out the most – made the biggest impact on today?
Learned how to maximize my potential to be elite.
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
yes b/c everybody has chatter and how the brain is naturally built to operate.
- What is one action item you will take away from today's training?
Focus on positive energy and thoughts, keep the DVR filled with good mental pictures
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
great pace/volume/energy/knowledge of material/excited

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Byre Johnson Contact #: _____Position: CF 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, it allows me to slow the game down and perform the way I am supposed to do

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

Breathing was a big impact on me

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

Yes, just by being able to block out the negative thoughts and perform at the highest level.

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

The ability to control my thoughts

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

His pace was fast, but understandable

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

Feedback & Assessment

Date: 10-4-15

General (Optional):

Name: Lance Miles Contact #: _____Position: Infield Yrs. In School: 41th

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 be more cognant of my emotions in the moment, and can swing them to my advantage.
- What information stands out the most – made the biggest impact on today?
The industry of emotional intelligence is new + growing
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Realizing that there are non-physical ways to practice
- What is one action item you will take away from today's training?
3 core dig.it
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Great energy - goes on some tangents
connects well - Repeats information already understood by audience

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

Feedback & Assessment

Date: 10/6/15

General (Optional):

Name: Jaxon Gasham Contact #: _____Position: OF 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, I think visualization is beneficial

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

Visualization, and seeing success before it happens

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

YES. All athletes can

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

Seeing myself succeed before it happens

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

I thought the presenter did excellent job.

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

Feedback & Assessment

Date: 10/5/15

General (Optional):

Name: McCray Odum Contact #: _____Position: Out field 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, I believe it will help me while I'm hitting.
- What information stands out the most – made the biggest impact on today?
Channelling the chatter in my head.
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, I believe this can help anyone in some way.
- What is one action item you will take away from today's training?
Bringing my thoughts back to the task at hand if my mind wanders off.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
He explained everything well to where I could understand it.

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

Feedback & Assessment

Date: 10/16/15

General (Optional):

Name: Riley Cooper Contact #: _____Position: LHP 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, I feel it will not only help me on the mound, but in my everyday life.
- What information stands out the most – made the biggest impact on today?
Our brain acting as a security system and actually trying to find the bad.
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, I feel every ~~athlete~~ athlete and coach can benefit from this because it speaks to any person that can experience pressure.
- What is one action item you will take away from today's training?
M E A I feel it will help me.
O x f
S C r
+ i a
E d
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
He presented very well and had a great pace. I thought it was good when he even got us involved.

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

Feedback & Assessment

Date: 10/5/15

General (Optional):

Name: Spence Rahm Contact #: _____Position: Firstbase 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, in baseball you have to have a clear mind in order to perform at your best. Teachings today gave us ways in which we can do this.
- What information stands out the most – made the biggest impact on today?
The 3 digits
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain) Yes. Any really can use this because it can make anyone better at what they do.
- What is one action item you will take away from today's training?
The Most, Excite, Fear example
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
The presentation was very good.

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

Feedback & Assessment

Date: 10/06/15

General (Optional):

Name: Matthew Broadbent Contact #: _____Position: Teacher Yrs. In School: 18Yes, 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, being able to know how to reset your self and get back in zone is important.

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

You control the chatter, and can block it out and focus in

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

yes, shows and helps understand how to reset your self about negative things are around you.

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

how to block out chatter

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

Good energy, was interactive with crowd, made sure we understood.

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

Feedback & Assessment

Date: 10-4-15

General (Optional):

Name: Garrett Miller Contact #: _____Position: Pitcher Yrs. In School: 0Yes, 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 things we learned today I am going to use them in my ~~game~~ game. ~~game~~
- What information stands out the most – made the biggest impact on today?
~~today~~ How much of the game is actually mental.
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
yes, coming into the training I was aware that the game was very mental but did not know how to incorporate it.
- What is one action item you will take away from today's training?
Visualizing Success and Forgetting the negatives, is the one that I took away and will use.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
I was able to keep up with him and take the stuff I thought was important down.

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

Feedback & Assessment

Date: _____

General (Optional):

Name: Colin Cameron Contact #: _____Position: Pitcher Yrs. In School: FrYes, 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 have a terrible mental game and I will definitely use this information to my benefit as soon as I can
- What information stands out the most – made the biggest impact on today?
I CAN WORK ON MY MENTAL SIDE OF THE GAME
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes. The information given to us today can not only be used in sports, it can be used in every aspect of our life.
- What is one action item you will take away from today's training?
Concentration - when my brain is at "A" and it goes to "F", the action of realizing you are at "F" and going back to "A" strengthens your concentration, and can be improved the more you do it.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
The speaker did well with keeping the audience's attention by asking us questions and moving around and maintaining eye contact.

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