**Survive and Thrive Course Evaluation**

**Date: \_\_\_\_\_\_\_**

**Instructions:** Please indicate you level of agreement.

1=strongly agree 2=agree 3=neutral 4=disagree 5=strongly disagree

1. The objective was clearly defined.
2. Participation and interaction were encouraged.
3. The topics covered were relevant to me.
4. The content was organized and easy to follow.
5. The materials distributed were/are helpful.
6. This training will be useful in my work.
7. The trainer was knowledgeable in the topic.
8. The trainer was well prepared.
9. All the objectives were met.
10. The time allotted for training was enough.
11. The facilities were appropriate and comfortable.

Please use the reverse side to add comments and/or suggestions.