



## CKI COURSE FEEDBACK

### Coaching Skills – Saboteurs, Reviews, and Train-The-Trainer

Location Mabel Bassett

Leaders Judith Evans and Reuel Hunt

Name Everyone

Date 4-26-11

Please comment on your experience. Where you see a rating scale of 1-10, please circle the number that best rates your experience:

1 = Strongly Disagree

5= Neutral

10= Strongly Agree

#### MY LEARNING:

What specifically will be different for you in your life as a result of having taken this course?

1. Giving forgiveness will build the relationship with my son and sig. We might be able to work as a team now.
2. I will be more aware of myself and others, within myself I will strive to continue the journey of forgiving myself.
3. To not be so hard on myself, learn to forgive myself. That it's okay to make mistakes and those mistakes don't define who I am.
4. I will without doubt always give my undivided attention to whomever I am speaking with and will value that individual's values.
5. I can learn to communicate better and more effectively and help people open up and see what their strengths and barriers are.
6. I believe that stand firm on all the tools will help me as well as others. Throughout my life, it's made of what I've been hungry for, in waiting to keep moving forward.
7. By asking powerful questions I can obtain more knowledge.
8. More aware of myself and others; enlightened to the depth and connection I have with others.
9. I will have a lot of repair work to do on myself and I have already had a lot of realizations and experiences I will never forget.
10. I am more aware of what is said to me.
11. Will have let go of old stuff and be complete.
12. I will learn better communication skills, I will learn how to listen better to others with my full attention, I will learn more about me.
13. That someday I will forgive myself so that I will have nothing to stop me.
14. Listening to others, and asking questions to get to know a person a lot better.
15. To take life even more seriously and others' feelings and thoughts.
16. I will listen more and not wonder or ask why.
17. My relationships-the way that I hold my conversations.
18. Keeping my focus on the client!
19. I have a deeper level of communication and listening. I recognize my values and morals of who I am.
20. I am learning about how to deal with emotional issues and I am learning how to co-coach.

What part of this workshop was most valuable to you?

1. The saddest day and forgiveness.
2. Processing because I saw an area of vulnerability and was able to work through it, I will do it!! I'm more hopeful and feel more empowered.

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3. Learning how to forgive and what forgiveness means to me.
4. I have to say all of it at the point but the levels of listening are so a stay point.
5. Maybe learning to help people to open up about their problems.
6. That I am able to keep seeing a lot every time and learn more, that is awesome for me, on the right direction.
7. Making agreements beforehand.
8. My personal retention and ability to effectively use it in the future. The fine art of listening and intuition.
9. Bringing up my saddest moment in my life.
10. 3 levels of listening and powerful questions.
11. Expressing my dream.
12. Having the chance to coach someone else about an experience they have been through to just listen.
13. Being able to talk about something that is painful and not just something good, because it is part of what hinders me.
14. Listening, understanding people better.
15. The circle and the structure and the “humanness”.
16. Learning to know more about people I know.
17. Learning who I am and what is important to me.
18. The interaction! Hands on training!
19. All of it so far and I continue to want more.
20. Learning how to heal.

What would have helped you to get more out of the course?

1. It was GREAT-I could have gone again after dinner.
2. I’m not sure-I think the universe was just as it should’ve been-thank you for bringing this here and I’m still fuzzy on stake.
3. Me just opening up more, say what’s on my mind instead of second-guessing myself.
4. I don’t think of anything I believe that you all have done an excellent job with your teaching, sharing and caring, just phenomenal. Thank you!
5. I still am not exactly sure where to draw the line on giving advice. I understand blurting is okay. So I have a little confusion.
6. I observe a lot. I take in a lot, I ponder in on a lot. So I analyze to see if I’m on the right track. Then put it out to see if I am on the right track of my processing in a lot of ways.
7. Repetition, I like to repeat out loud it’s how I learn best.
8. More defined details of expectations.
9. Nothing.
10. Nothing-I had a bad day today so that affected what I learned today.
11. It would’ve helped if I wasn’t in so much pain.
12. If I was more open and trusting.
13. I feel that right now I am getting all that I am learning from this course.
14. Everything was very good, very educational; I have gotten a lot out of this wonderful course.
15. For me to stop getting in my own way. I need to stop making it harder than it is. I need to open up more but think about what I want to ask or say more, still feel need to take more notes but don’t want to lose the essence.
16. Everything was good.
17. Absolutely nothing. I can’t think of anything that could be done differently.
18. I thought it was great!
19. Maybe more time-I don’t like for the days to end.
20. Maybe open up more.

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I have a general understanding of the fundamentals of co-active coaching.

10, 9, 10, 10, 7, 9, 7, 7, 8, 8, 10, 7, 10, 7, 10, 10, 8, 8, 9, 8.

I learned and can demonstrate levels 1, 2 and 3 listening.

10, 8, 10, 10, 7, 9, 7, 7, 9, 7, 10, 7, 6, 7, 8, 10, 8, 8, 9, 6.

I learned and can demonstrate basic co-active coaching skills.

9, 8, 9, 10, 8, 10, 7, 6, 10, 4, 10, 8, 6, 6, 9, 10, 8, 7, 9, 7.

I have insight into a part of me that will expand my

Communication and relationship skills.

10, 10, 10, 10, 8, 10, 9, 9, 10, 10, 10, 8, 10, 7, 10, 10, 9, 9, 9, 7.

Overall, this was an excellent course.

10, 10, 10, 10, 9, 10, 10, 10, 10, 10, 10, 10, 10, 10, 10, 10, 10, 10, 10, 10, 10.

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### **THE COURSE LEADERS:**

What would you like us to know about your course leaders and/or your experience?

1. They were simply great and very knowledgeable about this segment. Personal experiences shared were the cement to it.
2. They're knowledgeable and very calming which helped me let down my guard and get to where I needed to be for today.
3. I have grown very fond of my leaders; I feel that I've also gained a bond with them as well as others in the group.
4. Their passion is evident as well as appreciated. Wow their ability to translate their knowledge to us without making us feel anything other than equal just outstanding awesome genuine.
5. It was a good experience but a bit emotional today.
6. No response.
7. My leaders helped to build my confidence by being around and encouraging me to go for it.
8. Leaders have great patience I am enjoying the experience 100%!
9. That I am a very broken person, even though I try to hide behind my smiles and laughter, I have a lot of work to do.
10. They were good.
11. Mr. Reuel is an amazing instructor. I am very impressed with his people skills and his ability to keep a crowd's attention; all the instructors bring a sense of peace.
12. They give us a chance to be heard and they always teach me something new.
13. I think that the leaders were very informative and seemed to know what they wanted from our experiences.
14. How long they have been teaching these courses, and where at, and are they licensed.
15. The most amazing thing to me is that no matter how many times the same question gets asked they are always patient with the answers and clarifying. They are attentive and really hear what we say. They are really REAL.
16. They are the best.
17. They are great and have helped me to better understand myself.
18. They are excellent! They let everybody talk, give good feedback and easy going.
19. They both are very knowledgeable, full of life and complement each other and know the materials they are teaching.
20. That this is a whole new learning experience for me and I feel they are giving me the knowledge and tools I need.

I benefited from the way the leaders worked as a team.

10, 10, 10, 10, 8, NR, 10, 8, 10, 9, 10, 7, 10, 8, 10, 10, 9, 10, 10, 10.

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I learned a lot from the coaching skills demonstrated by this leader.  
 10, 10, 10, 10, 9, NR, 10, 8, 10, 10, 10, 8, 10, 7, 10, 10, 9, 10, 10, 10.  
 These leaders were authentic and open.  
 10, 10, 10, 10, 10, NR, 10, 10, 10, 9, 10, 9, 10, 8, 10, 10, 9, 10, 10, 10.  
 I felt supported and empowered as a person by this leader.  
 10, 10, 10, 10, 9, NR, 10, 10, 10, 8, 10, 10, 10, 8, 10, 10, 9, 10, 10, 10.  
 These leaders are knowledgeable and skilled teachers of these materials.  
 10, 10, 10, 10, 10, NR, 10, 10, 10, 10, 10, 10, 10, 10, 10, 9, 10, 10, 10.

## GENERAL FEEDBACK

Please share your overall impression of the course:

1. I really loved this segment because it brought out issues. I thought I had dealt with but apparently I did but they were not dealt with properly. I feel they are now because they were shared with a peer.
2. Loving it. Thank you for sharing your time and knowledge with us!
3. It's a great course that I would share with other hoping they would want the knowledge I've gained.
4. Wouldn't change anything a must for all!
5. Great!
6. No response.
7. This course is what you put into it, the more you put into it the more you get out.
8. I want more it is great!
9. I love it. This will be with me for the rest of my life.
10. I have gotten a lot.
11. It is a wonderful learning experience, filled with twists and turns that have definitely benefitted my growth towards positive change.
12. I think it's a wonderful experience and challenge.
13. I am enjoying this course.
14. Help you to listen and learn and be more open with yourself and others.
15. It took too long to get here. ☺ So glad it is here and hope it spreads like wild fire. Prison really needs this outlook on life.
16. I really enjoyed myself.
17. It has been so enlightening.
18. It is very informative, inspirational and positive.
19. It's great. Wow!!
20. That when I ask questions they will go into depth to explain what I might be confused about.

Would you be interested in more courses like this?

You Bet! I have learned more in these mini seminars that I have learned in all my other so called self-help classes; Yes; Yes; Yes; Yes; NR; Yes; Yes Hooray!; Yes; Yes.

May we have permission to quote you in our marketing efforts?

Yes, Yes, Yes, Yes, Yes, NR, Yes, Yes, Yes, Yes, Yes, Yes, Yes, No, Yes, Yes, Yes, Yes, Yes, Yes.

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