

## TRICARE MANAGEMENT ACTIVITY Workshop Attendee Comments:

- Info timely & pertinent. Application: Coping tips will be helpful. Desire follow-up class
- “Excellent trainer - energetic & stimulating;” imparted allot of knowledge- Application: Use active listening, improve communication; relaxation techniques – **Ken**
- Liked most: nutritional info. Application: Take time to relax, yields higher productivity
- “Nutritional info, coping tips for stress. Application: Use 5-Sense Stress, better choices
- “Everything was helpful!” Need to have follow-up classes Application: Do Focus Check, posture aids, weight-lifting tips – Darlene
- “Need two days, great info to reduce stress. Application: Think HOW to respond – Stan
- Most liked: Group interaction & info presented. Application: Try to eat better – Sylvia
- Most liked: Variety of info presented Application: Timely placed stress reduction tips – Angie
- Showed how to deal with stress at home & work – very motivated & will try techniques
- Liked most: Instructor’s animation, info on resources & affirmation. Room too cold.
- Likes most: All the various info & fact useful in different ways for different people. Application: Effective info to reduce tension/stress at work
- Excellent, flowed well. Handouts especially good. Need another day. Great communication tips. Application: Put them to use. Try to be more cognizant – Linda
- Well organized presentation. Excellent course materials & handouts. Should be a two-day class to cover all areas effectively.
- Liked most: Emphasis on personal health, ways to take control. Least: Could have been longer. Application: Practice breathing & relaxation techniques through the day – Chris
- Liked most: Simple approach to stress. Least: Didn’t get to cover all interests. Need 2 days. Application: Put things in balance & reduce stress in my area – Tom
- Liked enthusiasm & commitment of instructor. Application: “Provided me with methods to cope with day-to-day challenges & frustrations of workplace. – David
- Liked most: Class was helpful in helping me understand how to get more energy
- Excellent program. “Everyone in agency should be actively encouraged to come. If management would attend, may support employees who want to come.”
- “My objective was to identify ways to change. Due to stress gained 30 lbs in 18 mos. Class motivated me & gave me info to take control & make changes. Thanks-Great job!” Appreciate injury info for torn muscle. Room extremely cold.
- “Feel have better understanding of subject matter due to in-depth presentation, especially alternative medicine options. Instructor very knowledgeable and articulate. Kept pace moving along, covered allot of material. Time too short – could be 2-days.
- Kept audience’s attention. Didn’t previously know much of the presentation. Would be great to bring spouse.
- Motivational - good health equals better employee contribution. Instructor great communicator. Time too short.
- Liked visuals (books, products) & sample foods/snacks to taste. Reinforced healthier foods. Application: The exercises to relieve tension & stress. Better eating habits.
- “Many ways to improve my health, stress & nutrition. I wish I could attend the 3-day class.” Application: Change my diet, practice exercises - to reduce stress. – Howard
- Liked most: Knowledge of instructor & how she presented material. Her willingness to answer questions. Very excellent! No negatives just room too cold. –Teri
- Liked most: Nutrition info, Food “taste tests” & Personal Action Plan. Application: Want to improve my diet & have a more consistent exercise plan. Will do stress exercises at work. – Mike