



Workshop Evaluation – *WECHC, October 21 2016*
Motivational Interviewing/Coaching for Health Professionals – Level 3

For each question below, zero (0) represents strongly disagree, and five (5) represents strongly agree.

Results are based on the 23 participants who completed the evaluation (out of 24 who attended)

Workshop:

The tools presented at this workshop are useful for my professional life.

0 1 2 3 4 5

Response average: 5/5

Distribution:

- *23 participants chose "5"*

The exercises used throughout the workshop were effective for learning the tools presented.

0 1 2 3 4 5

Response average: 4.8/5

Distribution:

- *4 participants chose "4"; 19 participants chose "5"*

The workshop leaders were effective.

0 1 2 3 4 5

Response average: 4.9/5

Distribution:

- *1 participant chose "4"; 22 participants chose "5"*
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I will use what was presented at this workshop.

0 1 2 3 4 5

Response average: 4.9/5

Distribution:

- **2 participants chose "4"; 21 participants chose "5"**

Post-workshop:

I am interested in attending another workshop that builds from this one.

0 1 2 3 4 5

Response average: 4.7/5

Distribution:

- **1 participants chose "4"; 21 participants chose "5"; 1 participant chose "0"**

What did you like/value the most from this workshop?

- **Most of the "mofemal" (??) however the DARN CATS are very clear and will be useful – easy at my work**
- **Live demos of conversations followed by reflection**
- **All of the opportunities to role play/practice and the demonstrations**
- **Pairing up/group exercises – opportunity to practice**
- **Overall learning experience for own professional development**
- **Practicing**
- **The small class was wonderful for detail and for immediate feedback**
- **The variety of new skills as well as building on previous ones were great!**
- **The interactive exercises**
- **The skill level of both Jen and Don. They know so much together and yet they stand on their own.**
- **The flow of the exercises was very comforting, they really created a sense of community.**
- **Case studies – examples**
- **Practice, demo, laughter**
- **I like the discussion and how you asked questions that involved the audience. I was nervous to practice interviewing in front of you and in front of the**

interviewees, but am glad that you had us do this as it is the best way to improve the skill.

- I liked the balance example interview.
- Sharpen existing tools and further practise. Liked group work. Further learning/examples.
- Being able to practice the MI interviewing
- Loved the format; it was more personal – more comfortable
- I love the recap of previous workshops and integration of new tools
- Facilitators are great
- Info presented, new skills
- Small group offers great interaction with Jen and Don – opportunities for their help and feedback
- I liked the activities/exercises/powerpoint helpful
- Video, role play, lecture, balance
- Very comfortable atmosphere to learn and ask questions
- I like the different group exercises
- Way to transfer the MI concepts and tools used in workshop to assist in the programs I work on
- Review of core skills
- Expanding on core skills
- Practicing the balance/perspective exercise

What did you like/value least from this workshop?

- I wish there was more time to practice
- The last exercise with EARS
- All of the sitting
- No concerns or issues
- Should have tables
- n/a
- loved it all
- that it was only a one day workshop – it certainly could be a week long program, and I would show up for every one of them!
- Audio example with family didn't feel like it was best example
- Self eval is always hard
- Nothing
- I missed not having a table
- Liked it all
- Too long in some role playing
- The practice of skills
- Information then practice the skills

- **I get tired (brain tired) by the afternoon break – it makes doing exercises more challenging**
- **The room temperature – not a big deal**
- **All were good**

If there is anything else you would like to share with us about this workshop, please do so:

- **You are incredible, awesome speakers**
- **I really enjoyed the day, as usual and it increased my confidence in helping others change**
- **Excellent interactions and presentation skills**
- **Great workshop – thank you!!!**
- **Yes for future workshops maybe we can get in detail about dealing and working long term with people with trauma.**
- **Thank you! Wonderful!**
- **Great – congratulations!**
- **Please don't stop helping. You are helping me to help others, and helping me to help myself at the same time.**
- **Nice to have flowchart/decision tree (i.e., balance interviewing)**
- **I learned that I don't need to understand the client's situation and that I just have to help them explore it**
- **Good facilitators**
- **It was nice being engaged**
- **It was a great refresher...something I always need 😊**
- **Tables in training**
- **Room set-up; I like table**
- **Thank you for bringing this valuable skill development workshop to us**
- **I would be interested in another workshop – level 4**
- **All the practical exercises really work!**
- **Circling room is good**
- **I need more training sessions**