

## Workshop Evaluations: Mixed Signals January 22<sup>nd</sup>, 2015 - Courtenay

There were 102 people registered. 57 people filled out evaluations.

### Results

Rating	The workshop objectives were met	The workshop was well organized	The workshop was the right length	The instructor was well informed	The workshop materials were useful
5	34 = 60%	16 = 28%	25 = 44%	49 = 86%	33 = 58%
4	20 = 35%	30 = 53%	25 = 44%	5 = 9%	19 = 33%
3	2 = 3%	9 = 16%	6 = 10%	1 = 2%	5 = 9%
2	1 = 2%	2 = 3%	1 = 2%	2 = 3%	
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What was the most valuable thing you learned in the workshop?

- How much technology affects the developing brain and attachment - 16
- Importance of touch and movement body movement theory - 2
- How to apply what was learned to current clients
- Practical approaches to changing tech use adding activities vs punitive
- Stats were very alarming but very informative - 11
- Pro-active actions that people are taking in different communities
- The triangle of virtual futures and building foundations
- Stress and anxiety related effects due to excessive tech 3
- How technology effects socialization
- What technology does to our bodies
- Implications of parental technology use and how to role model
- Recommendations for appropriate technology use and parent resources - 2
- All - 6

How could the workshop have been better or more helpful?

- Visuals and tech working 28 (but a lot of positive comments about how well the glitch was handled!)
- More practical application content - 4
- Microphones for those asking questions, more opportunities to ask questions / more interactive- 7
- More experiential activities - 2
- More discussion on which programs/tech is okay to use - 2
- Distinction between correlational/causal connection of variables
- Would have liked a 2 day workshop to really dissect the information
- How to affect changes in schools
- More about the teen years
- Techniques to approach parents - 2

Would you recommend this workshop to others? If not, why?

- Yes 55
- No 2 more balanced information provided about the positive and negative

Any other comments?

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- Built awareness
- Second half felt rushed more time for questions
- Presentation geared to teens would be great