

Well Done for getting through! It's important to me to know that what I've delivered is relevant and helpful to you and to know if there's anything I can improve on. I'd be grateful to receive your feedback on the course. Thankyou so much!

Feedback Form - Undoing Anxiety, How I went from Panic to Calm

How did you find the content?

0 = Not Helpful - 10 Life Changing

0 1 2 3 4 5 6 7 8 9 10

How helpful were the worksheets?

0 = Not Helpful - 10 Life Changing

0 1 2 3 4 5 6 7 8 9 10

How likely are you to continue with the strategies after the course?

0 = Not a Chance - 10 Totally Committed

0 1 2 3 4 5 6 7 8 9 10

How likely are you to refer back to parts or all of this course again

0 = Not a Chance - 10 It's saved in my bookmarks!

0 1 2 3 4 5 6 7 8 9 10

What was your biggest AH HA moment during the course? (please explain below)

What parts of the anxiety course were helpful to you (circle as many that apply)

Sharing my story

Strategies

Book Resources

Tips

Worksheets

Other _____

Did you learn anything new from the course content? (please explain below)

Is there anything we can add or remove from the course? (please explain below)

Was the course easy to follow (please circle)

Yes No

Were the worksheets easy to understand and use? (please circle)

Yes No

Was the course easy to access online (please circle)

Yes No

Is there anything further you would like to add that can help us improve the overall content (please explain below)

How likely are you to refer this course to someone else

0 = Not a Chance - 10 I've told all my friends about it!

0 1 2 3 4 5 6 7 8 9 10