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| **CEU Evaluation**  **Virtual Education – Virtual Education: Investing in Me: Healthy Mind, Healthy Body, Contented Life** | | | | | |
| **Name:** | **Agency:** | | | | |
| **DATE COMPLETED:** |  | | | | |
| **Session Title: Virtual Education: Investing in Me: Healthy Mind, Healthy Body, Contented Life** | | | | | |
| **Session Speakers:** Regina Novak | **Excellent** | | | **Needs Improvement** | |
| Regina Novak | 4 | 3 | | 2 | 1 |
| **The Session:** | **Totally** | | | **Not At All** | |
| How closely did this session meet the program description? | 4 | 3 | | 2 | 1 |
| Did you find new ideas and useful concepts? | 4 | 3 | | 2 | 1 |
| Did you learn anything you can take back and use? | 4 | 3 | | 2 | 1 |
| Would you recommend this session be repeated? | 4 | 3 | | 2 | 1 |
| **Learning Outcomes: to what extent did the speaker meet each learning outcome? Participants will:** | | | | | |
| Participants will define and describe what true wellbeing entails and how our mental health impacts every other area of wellbeing. | 4 | | 3 | 2 | 1 |
| Participants will explore myths surrounding self-care, mental health and wellbeing and how we can bust these myths to support ourselves, our colleagues and the people we serve. | 4 | | 3 | 2 | 1 |
| Participants will discuss the consequences of not investing in ourselves, how to check in regularly with ourselves to assess “how we are” and discover ways we can intentionally plan self-care into our daily lives. | 4 | | 3 | 2 | 1 |
| **Comments/Constructive Criticism:** | | | | | |
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| **What other session topics would you attend, if they were offered?** | | | | | |
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**Please return form to: fax – (850) 942-0712 or email -** [**office@frpa.org**](mailto:office@frpa.org)