

## Comments & Feedback about

# Using Meditation as a Workplace Ally

May 10, 2006 @ 210, McMaster University Downtown Center

<p><b>Question #4</b> What did you like about the session?</p>	<ul style="list-style-type: none"> <li>• It made a lot of sense, made me see things differently, better than I thought it would be</li> <li>• The speaker and the topic</li> <li>• He knew what was needed and explained it well</li> <li>• Very informative</li> <li>• Left you really thinking about achieving results</li> <li>• It's something that everyone can benefit from</li> <li>• Calming</li> <li>• It was useful if it will be continued</li> <li>• It was straight to the point, clear, non – judgmental</li> <li>• The exercises</li> <li>• The meditation method</li> <li>• Very relaxing</li> <li>• The exercises that we did, the five qualities that meditation encourage and the analogue that Dr. Singh used to explain how meditation can be used in our everyday life</li> </ul>
<p><b>Question #5</b> Do you have any suggestions to improve the session?</p>	<ul style="list-style-type: none"> <li>• More frequent</li> <li>• Once a month will be more useful</li> </ul>
<p><b>Question #6</b> What other workshops or sessions would you like to see in the future</p>	<ul style="list-style-type: none"> <li>• More by Dr. Singh, ongoing sessions</li> <li>• Position in sitting, walking</li> <li>• More of the meditation on a regular basis</li> <li>• Stress management, work ergonomics</li> <li>• Yoga, breathing exercises</li> <li>• yoga</li> </ul>

## Ratings about

Using Meditation as a Workplace Ally						
May 10, 2006						
# of Respondents	13					
	Awesome	Great	Good	Disappointing	Bombed	Average (out of 5)
#1 Speaker's Knowledge	7	6	0	0	0	4.54
#2 Content	7	6	0	0	0	4.54
#3 Overall Impression	7	6	0	0	0	4.54

*This document is provided by Human Resource Department, McMaster University.  
Thank you Linda Picolo.*