

Mind, Body & Spirit January 2006 (comments from the participants)

Keep Your Head: Integrated Solution for Balance in Life & Work with Dr. Singh

January 17, 2006 MUSC 311/313

<p>Question #4 <i>What did you like about the session?</i></p>	<ul style="list-style-type: none">• Relaxing/Informative• Dr. Singh – I thought he was fantastic• Good practices for work & personal life.• Practical tips on relaxation and meditation.• Knowledgeable; practical• Practical tips• A good general introduction – food for thought.• Meditation, relaxing, handouts. I feel more alert now.• Very practical.• Practical techniques.• Taught me how to breathe properly.• Breathing and meditating techniques.
<p>Question #5 <i>Do you have any suggestions to improve the session?</i></p>	<ul style="list-style-type: none">• More time needed. What about a half day session/twice a year or once a quarter?• Better AV presentation so all could see.• A little disjointed – maybe could have outlined what we were going to cover at outset of session.• Should have had a projector for the movie.• Concentrate more on practices, environment not suitable, couldn't see movie clip.• More time.• A room without such big tables would be better – maybe just chairs.• Description should include that we'll do a meditation exercise.• Make it longer.
<p>Question #6 <i>What other workshops or sessions would you like to see in the future?</i></p>	<ul style="list-style-type: none">• Considering going to the Y. Will visit website.• Same• Financial success, stock tips, etc – like course for students recently announced through school of Business.• Organizational sessions for offices/time management.• Organize you life.

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January 17, 2006 DTC 240

<p>Question #4 What did you like about the session?</p>	<ul style="list-style-type: none"> • The topic & how to apply it in every day life. • Not exactly what I expected. Didn't think he spoke to topic of "balance" – none-the-less appreciated the content. • Breathing exercises. • Interesting • Simple – straight forward – clinical support • Practical techniques provided. • Gives you an opportunity to re-evaluate your current mind and soul, make changes if necessary. • It was a great session – very informative. • No pressure. • The topic that was covered. • Grounding – Reminder that it is within ourselves to take control. • Everything. • Some new exercises that I don't know. • Exercise – breathing – letting go & meditations. • Breathing exercises. • Practical exercises • Empowering • Speaker very good • It helped me to relax over the lunch hour and gave me great guide as to how to breathe properly. • Simple & Straight to the point – great! • Learning about taking time for yourself. • Practical and he's very kind and getting yoga handout and breathing info • Really enjoyed it. • Very informative and helpful. Great that it was at DTC. • Very interesting
<p>Question #5 Do you have any suggestions to improve the session?</p>	<ul style="list-style-type: none"> • Make it longer. • More time. • More frequent, regular sessions • More meditation and time – perhaps a series of sessions. • Might be more effective if we were not sitting on chairs – bring towel/pillow and sit on floor. • Good enough. • Do it again as a refresher 3 months from now. • Question/Answer session at end. • None – he is an amazing speaker – very knowledgeable • I think it was great. • Longer • Well done.
<p>Question #6 What other workshops or sessions would you</p>	<ul style="list-style-type: none"> • On similar topics and different as well. • Yoga – relaxation – meditation

like to see in the future?	<ul style="list-style-type: none">• More of the same topic.• Further explore this topic (the “bottom of the iceberg”).• Yoga classes, similar sessions.• More of this from Dr. Singh.• More yoga, meditation.• Please continue the yoga sessions at the DTC• More like this one excellent.
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>> This document containing original testimonials is provided by Human Resource Department, McMaster University, Canada. Thank you, Linda Piccolo.