

DANCE UNTIL IT RAINS

International Coaches Federation – FEBRUARY 25, 2009

FEEDBACK SUMMARY:

Total Responses = 25

Rating Area	5 Tally	%	4 Tally	%	3 Tally	%	2 Tally	%	1 Tally	%	Average
Informative	15	60	10	40	0	0	0	0	0	0	4.6
Relevant	18	72	7	28	0	0	0	0	0	0	4.72
Engaging	18	72	7	28	0	0	0	0	0	0	4.72
Entertaining	21	84	4	16	0	0	0	0	0	0	4.84
Inspiring	17	68	8	32	0	0	0	0	0	0	4.68
Empowering	16	64	9	36	0	0	0	0	0	0	4.64

SOME COMMENTS:

- *“Empowering approach. Sensible. Relevant to where the group is – not telling us what we already know”*
- *“Just enough information to want to learn more. I was pleased that I had some good habits and easy to confirm that I can continue”*
- *“Really powerful, simple messages”*
- *“Enjoyed the stats, the arithmetic examples and the light-hearted presentation”*
- *“Great presentation, thanks Andrew”*
- *“I really enjoyed the presentation and took away something of value to me”*
- *“Great speaker Andrew! Energetic, engaging and affirming”*
- *“Really great – really simple – really fun!”*
- *“Good to keep it simple. Love the concept of ‘small decisions which compound over time’”*
- *“All of the above” (referring to; ‘informative, relevant, engaging, entertaining, inspiring and empowering’)*
- *“Well done – one new habit will start now!”*
- *“Simple messages, powerfully presented, good use of humour – made me feel that it would be easy to commit to at least one thing to improve my health. Thanks Andrew – very inspiring”*

- *“I liked the different approach of delivery to the same old information. Great job”*
- *“I really enjoyed tonight’s presentation. “Focus on the feeling you’ll get after exercising” did it for me. I find it hard to be consistent. Tonight’s presentation gave me some tools”*
- *“Very entertaining and informative. Great to hear easy steps”*
- *“Great presentation”*
- *“Having heard Andrew speak before, it was good to re-affirm things I learnt last time and interesting to hear the new material as well”*
- *“I think you had a hard job trying to be relevant to people who have no interest in fitness and people (like me) who are already ‘into’ healthy diet and exercise. I think you did a good job”*