

My Feedback on the 'Focusing on Breathing' Seminar

At The Sydney Albert Training and Research Institute of Parsons Child and Family Center on 5/10/13

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my (concern) *insomnia and relaxation*
- I can use this technique professionally for *my clients as a relaxation tech*
- Comments about the seminar *So simple but so helpful and useful.*

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my (concern) *Yes*
- I can use this technique professionally for *stress and focus*
- Comments about the seminar *I enjoyed it, very useful*

My Feedback on the 'Focusing on Breathing' Seminar

At The Sydney Albert Training and Research Institute of Parsons Child and Family Center on 5/10/13

- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my *sleeping*
- I can use this technique professionally for *working w/ children to relax*
- Comments about the seminar *very interesting*

Optional:

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my (concern) Stress reduction, Meditation and with my children for sleep.
- I can use this technique professionally for centering, Calming and mindfulness.
- Comments about the seminar I really like the "nibble on the cookie" metaphor 😊 Thank you.

My Feedback on the 'Focusing on Breathing' Seminar

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my (concern) sleep + focusing.
- I can use this technique professionally for the clients I work with at my practice
- Comments about the seminar Calming and informational.

My Feedback on the 'Focusing on Breathing' Seminar

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my (concern) anxiety
- I can use this technique professionally for my clients
- Comments about the seminar Excellent presentation. Very mindful & stress reducing.

Optional:

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My Feedback on the 'Focusing on Breathing' Seminar

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my happiness
- I can use this technique professionally for kids / stress management
- Comments about the seminar thank you

My Feedback on the 'Focusing on Breathing' Seminar

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my stress
- I can use this technique professionally for stress, anxiety, smoking cessation
- Comments about the seminar very interesting!

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my (concern) to get to sleep; relieve anxiety
- I can use this technique professionally for myself on the job and with my clients
- Comments about the seminar This seminar was very important and informative the challenging part is putting it to practice

Optional: I will visit the website

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my ... Back pain + stress relief
- I can use this technique professionally for stress relief
- Comments about the seminar... I plan to start using this and will remember to be patient with it.
I'm so glad I came to this workshop.
Thank you for sharing.

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- I will use this technique personally for my (concern) ✓
- I can use this technique professionally for
- Comments about the seminar.....

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my ... Stress Relief, Anxiety ^{Dealing w/}
- I can use this technique professionally for
- Comments about the seminar.....

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- This seminar is Very useful, Useful Somewhat useful Not useful
- I will use this technique personally for my (concern) better sleep & overall relaxation
- I can use this technique professionally for
- Comments about the seminar I loved it. So simple.
Great presenter. very personable

My Feedback on the 'Focusing on Breathing' Seminar

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my insomnia / grief
- I can use this technique professionally for
- Comments about the seminar Very interesting

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my (concern) more restful sleep
- I can use this technique professionally for
- Comments about the seminar very relaxing, helpful,
excited to try the technique
at home

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- This seminar is Very useful Useful Somewhat useful Not useful

• I will use this technique personally for my (concern) *yes*

• I can use this technique professionally for *child*

• Comments about the seminar..... *very simple*

approach that anyone can use.

The simplicity is wonderful.

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- This seminar is Very useful Useful Somewhat useful Not useful

• I will use this technique personally for my

• I can use this technique professionally for *client use + staff use*

• Comments about the seminar..... ..

Very clear, simple + useful

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- This seminar is Very useful Useful Somewhat useful Not useful

• I will use this technique personally for my *Sleep*

• I can use this technique professionally for *Relaxing*

• Comments about the seminar..... ..

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my (concern) *stress, frustrated sleep, relaxation*
- I can use this technique professionally for *stress, frustration*
- Comments about the seminar.....

Very simple & helpful. I know this stuff but I forget!

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my (concern) *sleeping*
- I can use this technique professionally for *stress reduction w/ children*
- Comments about the seminar..... *Very clear and practical*

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my *ANXIETY, back pain, sleep*
- I can use this technique professionally for *ANXIETY*
- Comments about the seminar..... *V. good*

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my ... SELF & DAUGHTER!
- I can use this technique professionally for ... SOME OF THE KIDS I WORK WITH.
- Comments about the seminar... LEARNED SOMETHING NEW.
SIMPLE AND HELPFUL.

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- I will use this technique personally for my (concern) X
- I can use this technique professionally for
- Comments about the seminar.....
GOOD.

my Feedback on the 'Focusing on Breathing' Seminar

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my (concern) back pain, sleep issues
- I can use this technique professionally for frustration.....
- Comments about the seminar... excellent presentation,
clear and concise! Thank you!

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- I will use this technique personally for my (concern) back pain.....
- I can use this technique professionally for teaching kids before impulses.....
- Comments about the seminar... Like that there's several variations/methods so people can choose one they like best.....

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my Self, work, Clients, family.....
- I can use this technique professionally for My Clients.....
- Comments about the seminar... Extremely useful and easy to learn and easy to teach others.....

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my (concern) sleep.....
- I can use this technique professionally for focus + calming.....
- Comments about the seminar...
Lots of helpful tips.....

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- This seminar is Very useful Useful Somewhat useful Not useful
 - I will use this technique personally for my (concern) Insomnia, stress eating
 - I can use this technique professionally for help parents learn to relax & lower their stress level
 - Comments about the seminar.....
-

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- This seminar is Very useful Useful Somewhat useful Not useful
 - I will use this technique personally for my (concern) anxiety
 - I can use this technique professionally for helping agitated youth
 - Comments about the seminar..... Made me Sleepy!
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-

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- This seminar is Very useful Useful Somewhat useful Not useful
- I will use this technique personally for my Chronic pain, hip, elbow, feet pain
- I can use this technique professionally for Stress relief
- Comments about the seminar... Very informative. Explained things very well.

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