



Workshop Evaluation – *NWHU, Kenora, Oct 2016*
Motivational Interviewing/Coaching for Health Professionals – level I

For each question below, zero (0) represents strongly disagree, and five (5) represents strongly agree.

Results are based on the 21 participants who completed the evaluation

Workshop:

The tools presented at this workshop are useful for my professional life.

0 1 2 3 4 5

Response average: 4.5/5

Distribution:

- 1 participants chose "3"; 7 participants chose "4"; 1 chose "4.5"; 12 participants chose "5"***

The exercises used throughout the workshop were effective for learning the tools presented.

0 1 2 3 4 5

Response average: 4.8/5

Distribution:

- 1 participant chose "3"; 2 participants chose "4"; 18 participants chose "5"***

The workshop leaders were effective.

0 1 2 3 4 5

Response average: 4.9/5

Distribution:

- 1 participant chose "4"; 20 participants chose "5"***

I will use what was presented at this workshop.

0 1 2 3 4 5

Response average: 4.8/5

Distribution:

- **1 participant chose "3"; 3 participants chose "4"; 17 participants chose "5"**

Post-workshop:

I am interested in attending another workshop that builds from this one.

0 1 2 3 4 5

Response average: 4.4/5

Distribution:

- **1 participant chose "2"; 1 participant chose "3"; 6 participants chose "4"; 11 participants chose "5" [2 participants did not circle anything]**

What did you like/value the most from this workshop?

- **Good timing, I liked the pace**
- **The "role playing" – having the opportunity to "be in the shoes" of people being interviewed/what it feels like to be the client. Also, the listening exercise and practising the MI tools**
- **The practice**
- **Open-ended questions**
- **Interaction**
- **Learning open ended questions to ask clients**
- **Using a client's values to strengthen their commitment to change**
- **Practicing interviews**
- **Not just giving advice but finding out what the person values**
- **Interactive, up out of our seats & practicing**
- **Presenters were very thoughtful, genuine & engaging, kind.**
- **Like that we are walking away with tools to use.**
- **Thank you! I was never bored.**
- **Great presenters, presented very well**

- Excellent videos
- Provided a very comfortable setting, presenters were very approachable and knowledgeable
- I really liked the video clips that were shown (empathy, etc)
- I have taken numerous MI workshops – this one was the most complete. It pulled all the info together. Lots of “ah-ha!” moments
- Presenters were very good and knowledgeable.
- Helps you think about your conversations and interactions with people.
- The presenters
- Humour
- The activities were so much better than any other MI ones I have done. Using values-based MI techniques were so much more effective at evoking meaningful responses.
- Acknowledgement is great and so appreciated.
- The relaxed feel of it
- The tools being so simple
- The resources
- The great facilitators!
- The opportunity to practice skills
- Getting to watch and learn through demonstration
- Guiding principles
- Friendly atmosphere
- All the examples, hands-on practicing
- I will be directly using all these tools with my clients. Especially mining for values, the wheel, OARS & readiness to change
- Interactive
- Don and Jen’s style – casual yet so effective and knowledgeable
- Tools, opportunity to practice
- Pace, exercises
- practical

What did you like/value least from this workshop?

- The exercise in groups with the story teller. Too stressful.
- The time. Slightly overwhelmed with the amount of information. More time to practice skills or over 2 days would be good. Also, would have liked more information on MI with groups
- n/a

- nothing
- the focused listening, talk less, listen more [*not sure this comment was inserted in correct spot?*]
- individual focus instead of more population focus
healthcare focus rater (?) than public health (?)
- hard to practice with co-worker that we know personally. Although I appreciated that the practice was based on real genuine experiences. It was just difficult to separate the personal knowledge/relationships.
- Interactive – I learned about some of my co-worker [*right section?*]
- I don't think there was much that wasn't valuable – a lot of stuff I already knew so it was repeat info but it was *really good*.
- I won't lie – I dreaded today but it was so worth it!
Thanks!
- No true critical feedback
- Timing – end of day after 3 days of training difficult to not feel tired
- n/a

If there is anything else you would like to share with us about this workshop, please do so:

- Thank you
- Thank you so much! The workshop was great! The presenters were professional, open & knowledgeable.
- Great personalities. Love the humour! 😊
- Thank you!
- I feel like I will really use these skills in my personal life, in my work life and in the future (hopefully!!) as a physician
- Really learned some new things about MI! Enjoyed the workshop and will be using the skills in both personal and professional lives. Thanks!
- Very good! It takes a lot to be a good counsellor. I still found it hard to know what questions to ask.
- Thank you so much! I always thought that I knew so much about MI and that I did it well but now I can make it so much better!
- Wonderful workshop
- excellent