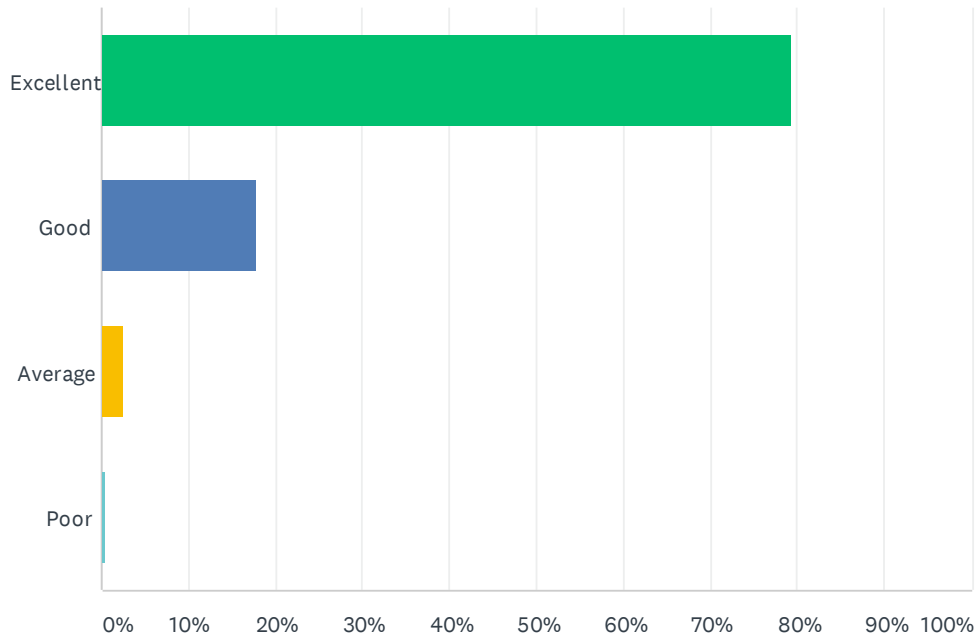


## Q1 Provided useful information

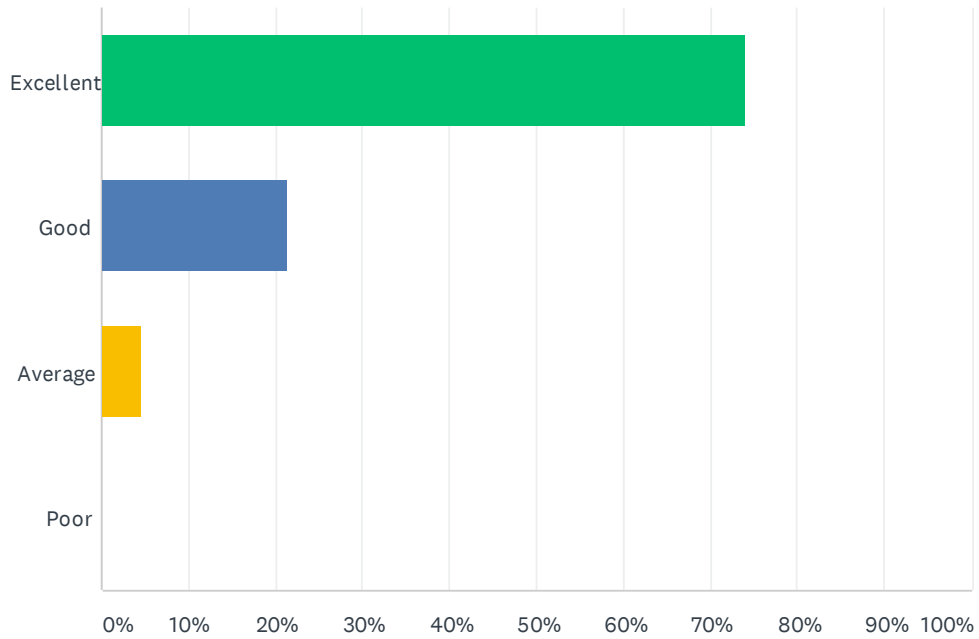
Answered: 197 Skipped: 0



ANSWER CHOICES	RESPONSES	
Excellent	79.19%	156
Good	17.77%	35
Average	2.54%	5
Poor	0.51%	1
<b>TOTAL</b>		<b>197</b>

## Q2 Was relevant to our field

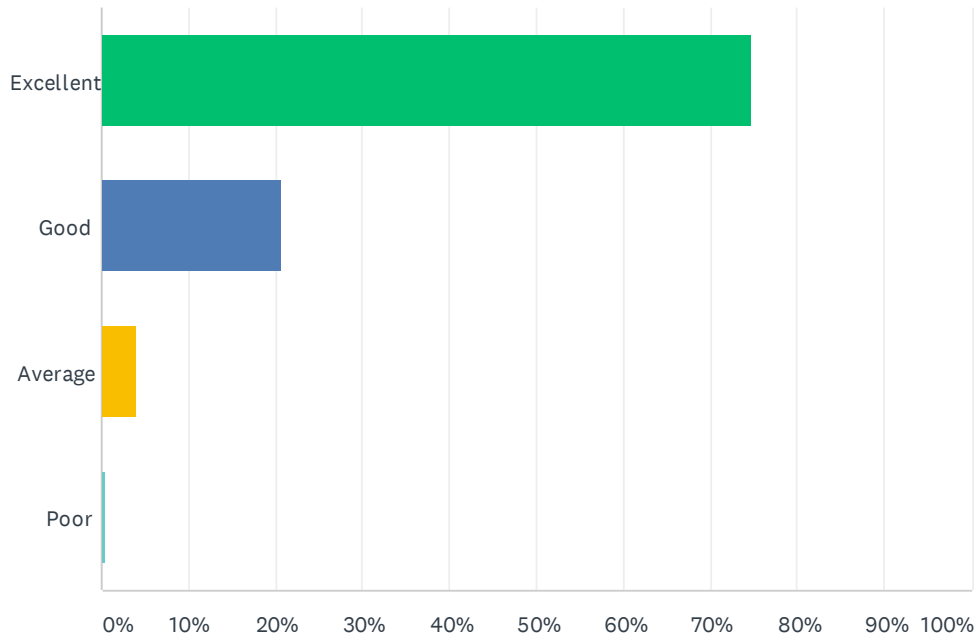
Answered: 196 Skipped: 1



ANSWER CHOICES	RESPONSES	
Excellent	73.98%	145
Good	21.43%	42
Average	4.59%	9
Poor	0.00%	0
TOTAL		196

### Q3 Enhanced my knowledge of the topic

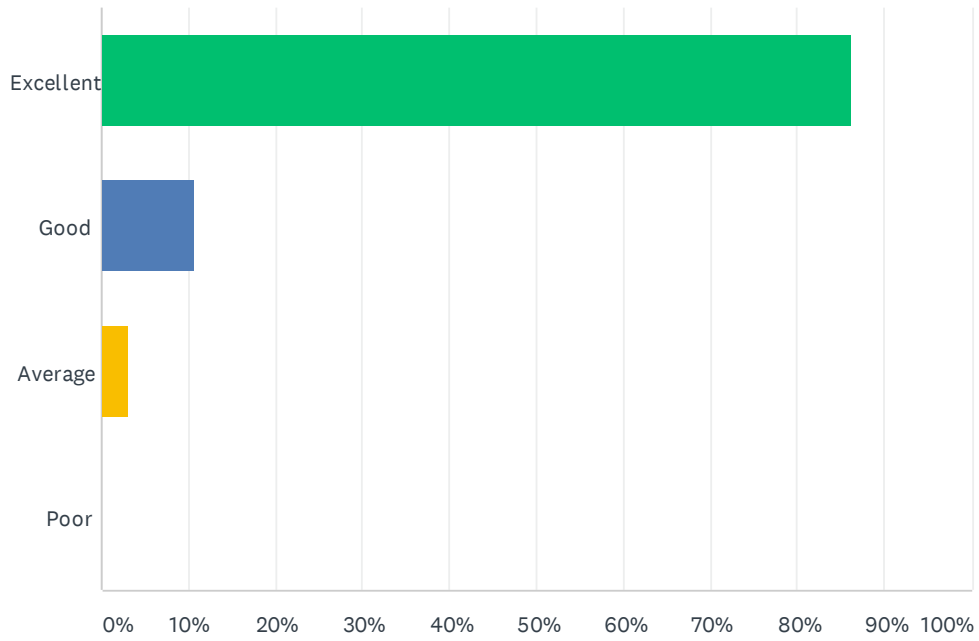
Answered: 197 Skipped: 0



ANSWER CHOICES	RESPONSES	
Excellent	74.62%	147
Good	20.81%	41
Average	4.06%	8
Poor	0.51%	1
TOTAL		197

### Q4 Please rate the Session Speaker(s)

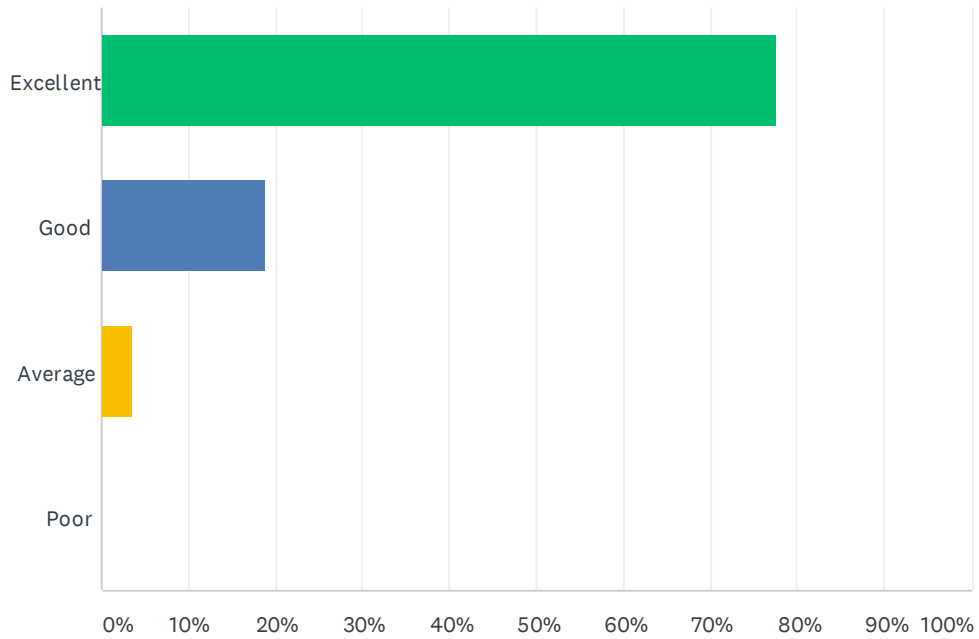
Answered: 195 Skipped: 2



ANSWER CHOICES	RESPONSES	
Excellent	86.15%	168
Good	10.77%	21
Average	3.08%	6
Poor	0.00%	0
<b>TOTAL</b>		<b>195</b>

### Q5 Overall Conference Rating

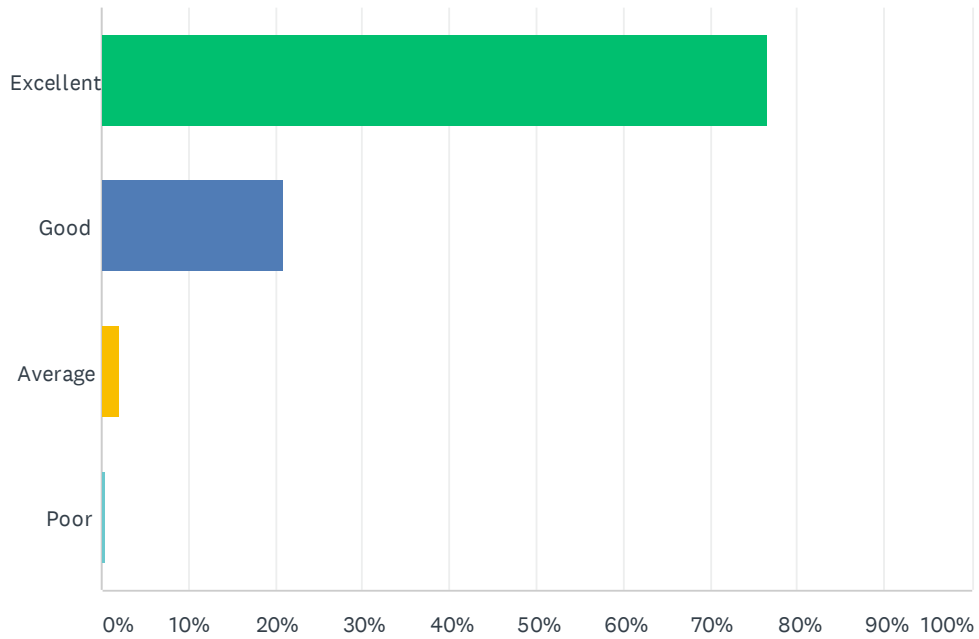
Answered: 197 Skipped: 0



ANSWER CHOICES	RESPONSES	
Excellent	77.66%	153
Good	18.78%	37
Average	3.55%	7
Poor	0.00%	0
TOTAL		197

## Q6 I felt the session was a good value

Answered: 196 Skipped: 1



ANSWER CHOICES	RESPONSES	
Excellent	76.53%	150
Good	20.92%	41
Average	2.04%	4
Poor	0.51%	1
<b>TOTAL</b>		<b>196</b>

## Q7 How many people from your facility attended today's webinar?

Answered: 135 Skipped: 62

#	RESPONSES	DATE
1	1	10/21/2020 6:43 PM
2	1	10/21/2020 3:25 PM
3	1	10/21/2020 3:24 PM
4	1	10/21/2020 3:15 PM
5	1	10/21/2020 3:07 PM
6	unsure	10/21/2020 3:05 PM
7	I SIGNED ON FROM WORKING OFFSITE	10/21/2020 3:02 PM
8	1	10/21/2020 2:57 PM
9	20	10/21/2020 2:56 PM
10	1	10/21/2020 2:55 PM
11	1	10/21/2020 2:52 PM
12	1	10/21/2020 2:51 PM
13	1	10/21/2020 2:48 PM
14	5	10/21/2020 2:48 PM
15	3	10/21/2020 2:45 PM
16	2	10/21/2020 2:43 PM
17	I don't know	10/21/2020 2:42 PM
18	3	10/21/2020 2:41 PM
19	1	10/21/2020 2:40 PM
20	2	10/21/2020 2:39 PM
21	1	10/21/2020 2:37 PM
22	not sure but there were several from our department	10/21/2020 2:37 PM
23	1	10/21/2020 2:36 PM
24	1	10/21/2020 2:36 PM
25	3	10/21/2020 2:36 PM
26	3	10/21/2020 2:36 PM
27	Two	10/21/2020 2:36 PM
28	1	10/21/2020 2:36 PM
29	1	10/21/2020 2:36 PM
30	Q A Session	10/21/2020 2:36 PM
31	1	10/21/2020 2:36 PM
32	only me	10/21/2020 2:35 PM
33	n/a	10/21/2020 2:35 PM
34	1	10/21/2020 2:35 PM
35	1	10/21/2020 2:35 PM
36	unsure	10/21/2020 2:35 PM
37	6	10/21/2020 2:35 PM



38	I am unsure	10/21/2020 2:35 PM
39	I am not sure	10/21/2020 2:35 PM
40	1	10/21/2020 2:35 PM
41	Not sure I am working from home.	10/21/2020 2:34 PM
42	1	10/21/2020 2:34 PM
43	Just me.	10/21/2020 2:34 PM
44	1	10/21/2020 2:34 PM
45	1	10/21/2020 2:34 PM
46	1	10/21/2020 2:34 PM
47	34	10/21/2020 2:34 PM
48	2	10/21/2020 2:34 PM
49	2	10/21/2020 2:34 PM
50	Just me	10/21/2020 2:34 PM
51	1	10/21/2020 2:34 PM
52	1	10/21/2020 2:34 PM
53	just myself	10/21/2020 2:34 PM
54	1	10/21/2020 2:34 PM
55	May be 8	10/21/2020 2:34 PM
56	1	10/21/2020 2:34 PM
57	1	10/21/2020 2:34 PM
58	1	10/21/2020 2:34 PM
59	2	10/21/2020 2:34 PM
60	1	10/21/2020 2:34 PM
61	Unsure	10/21/2020 2:34 PM
62	?	10/21/2020 2:34 PM
63	1	10/21/2020 2:34 PM
64	1	10/21/2020 2:34 PM
65	1	10/21/2020 2:34 PM
66	15	10/21/2020 2:34 PM
67	1	10/21/2020 2:34 PM
68	1	10/21/2020 2:34 PM
69	1	10/21/2020 2:34 PM
70	1	10/21/2020 2:34 PM
71	n/a	10/21/2020 2:33 PM
72	10	10/21/2020 2:33 PM
73	1	10/21/2020 2:33 PM
74	1	10/21/2020 2:33 PM
75	1	10/21/2020 2:33 PM

76	1	10/21/2020 2:33 PM
77	1	10/21/2020 2:33 PM
78	this was very helpful, especially in the world we live now	10/21/2020 2:33 PM
79	Just me that I know of.	10/21/2020 2:33 PM
80	UNSURE	10/21/2020 2:33 PM
81	5	10/21/2020 2:33 PM
82	1	10/21/2020 2:33 PM
83	8	10/21/2020 2:33 PM
84	1	10/21/2020 2:33 PM
85	1	10/21/2020 2:33 PM
86	6	10/21/2020 2:33 PM
87	1	10/21/2020 2:33 PM
88	1	10/21/2020 2:33 PM
89	1	10/21/2020 2:33 PM
90	2	10/21/2020 2:33 PM
91	2	10/21/2020 2:33 PM
92	unknown work from home	10/21/2020 2:33 PM
93	1	10/21/2020 2:33 PM
94	1	10/21/2020 2:33 PM
95	NA	10/21/2020 2:33 PM
96	1	10/21/2020 2:33 PM
97	1	10/21/2020 2:33 PM
98	IDK	10/21/2020 2:33 PM
99	1	10/21/2020 2:33 PM
100	1	10/21/2020 2:33 PM
101	2	10/21/2020 2:33 PM
102	1	10/21/2020 2:33 PM
103	2	10/21/2020 2:33 PM
104	1	10/21/2020 2:33 PM
105	1	10/21/2020 2:33 PM
106	Unsure. One other person I am aware of.	10/21/2020 2:33 PM
107	5	10/21/2020 2:33 PM
108	Unknown	10/21/2020 2:32 PM
109	12	10/21/2020 2:32 PM
110	1	10/21/2020 2:32 PM
111	1	10/21/2020 2:32 PM
112	1	10/21/2020 2:32 PM
113	not sure	10/21/2020 2:32 PM

114	?	10/21/2020 2:32 PM
115	1	10/21/2020 2:32 PM
116	1	10/21/2020 2:32 PM
117	1	10/21/2020 2:32 PM
118	1	10/21/2020 2:32 PM
119	unknown	10/21/2020 2:32 PM
120	4	10/21/2020 2:32 PM
121	Only me	10/21/2020 2:32 PM
122	4	10/21/2020 2:32 PM
123	Numerous from various locations	10/21/2020 2:32 PM
124	1	10/21/2020 2:32 PM
125	1	10/21/2020 2:32 PM
126	1	10/21/2020 2:32 PM
127	1	10/21/2020 2:32 PM
128	1	10/21/2020 2:32 PM
129	1	10/21/2020 2:32 PM
130	1	10/21/2020 2:32 PM
131	1	10/21/2020 2:32 PM
132	2	10/21/2020 2:32 PM
133	1	10/21/2020 2:32 PM
134	1	10/21/2020 2:32 PM
135	3	10/21/2020 2:32 PM

## Q8 What did you like best about this session?

Answered: 101 Skipped: 96

#	RESPONSES	DATE
1	.	10/21/2020 6:43 PM
2	meditation techniques	10/21/2020 3:24 PM
3	I LOVED THE INFO PRESENTED AND I LOVED THE SPEAKERS VOICE. HE WAS VERY CALMING	10/21/2020 3:15 PM
4	HELPFUL	10/21/2020 3:02 PM
5	the exercises and visualizations.	10/21/2020 2:52 PM
6	content	10/21/2020 2:51 PM
7	How to kill the stress	10/21/2020 2:48 PM
8	All of it - a good reminder the cost of stress	10/21/2020 2:45 PM
9	The imporatance of being grateful for life.	10/21/2020 2:42 PM
10	The exercises to use when really stressed.	10/21/2020 2:41 PM
11	The Hakalau. I think that will be useful even in a meeting.	10/21/2020 2:39 PM
12	The information was very useful in a stressful medical field.	10/21/2020 2:37 PM
13	The speaker, was kind and knowledgeable great examples, talked about his own experience which brings things home. I am sorry for his loss, but to be able to turn it around and make it positive says there is hope!	10/21/2020 2:37 PM
14	Honesty and ways he presented exercises someone can do on their own to help control stress	10/21/2020 2:36 PM
15	Walking through the exercises and the Q&A section.	10/21/2020 2:36 PM
16	learning the stress reliving activities	10/21/2020 2:36 PM
17	All was excellent information as we all know we have had a rough year. The exercises done through the webinar where much needed.	10/21/2020 2:36 PM
18	NA	10/21/2020 2:36 PM
19	The stress exercises	10/21/2020 2:36 PM
20	Ideas to practice stress relief	10/21/2020 2:35 PM
21	The tools available	10/21/2020 2:35 PM
22	Professor Alexander's activities were very helpful and practicing them as opposed to just stating them helped ensure that I would use them again.	10/21/2020 2:35 PM
23	it was useful not only in the workplace but in life in general.	10/21/2020 2:35 PM
24	A topic that everyone experiences almost daily.	10/21/2020 2:35 PM
25	The helpful tips	10/21/2020 2:35 PM
26	stress is an important topic and learning ways to deal with stress is helpful	10/21/2020 2:35 PM
27	the exercises	10/21/2020 2:34 PM
28	The speaker was excellent. He had a very calming and pleasant tone. He was very knowledgeable. Very good presentation.	10/21/2020 2:34 PM
29	It was all great!	10/21/2020 2:34 PM
30	To know there are others struggling with stress in the work place also and hearing different techniques on how to handle it.	10/21/2020 2:34 PM
31	It was so relevant to my life and work today!	10/21/2020 2:34 PM
32	calming voice/he really hit my issues on the head	10/21/2020 2:34 PM
33	Several tools to help deal with stress which we are all experiencing right now.	10/21/2020 2:34 PM

34	what to do before you go to talk to someone about a hard situation.	10/21/2020 2:34 PM
35	Techniques to destress.	10/21/2020 2:34 PM
36	Stress relief actions.	10/21/2020 2:34 PM
37	Examples of techniques given to deal with stressful situations	10/21/2020 2:34 PM
38	The ways to reduce stress	10/21/2020 2:34 PM
39	the positive attitude ..sense of feeling more relaxed and not so stressed.	10/21/2020 2:34 PM
40	Valuable info during this very very stressful time in healthcare	10/21/2020 2:34 PM
41	The shared stories and techniques to handle stress.	10/21/2020 2:34 PM
42	Q a session	10/21/2020 2:34 PM
43	THE EXERCISES, WILL DO THESE FOR SURE!!	10/21/2020 2:34 PM
44	Exercises given were very helpful! I will continue to perform these regularly.	10/21/2020 2:34 PM
45	It was a benefit and not just a sales pitch	10/21/2020 2:34 PM
46	The QA session.	10/21/2020 2:34 PM
47	All of the tips for stress relieving. I also liked the personal stories.	10/21/2020 2:34 PM
48	His pleasant voice tone was relaxing!	10/21/2020 2:34 PM
49	The information was useful for not only my work life, but my personal life.	10/21/2020 2:34 PM
50	Practical Exercises	10/21/2020 2:34 PM
51	That he provided several techniques to try.	10/21/2020 2:34 PM
52	This was the most useful seminar I've listened to. I learned several techniques that I feel will help me relieve stress.	10/21/2020 2:34 PM
53	The presenter was excellent. The personal story helps you relate	10/21/2020 2:34 PM
54	Different/varying techniques for stress release.	10/21/2020 2:34 PM
55	The presenter was so calm and knowledgeable on this topic, and provided PRACTICAL ideas that I'm already using. This presentation was a much needed reset! Thank you!	10/21/2020 2:34 PM
56	It was nice to have a different perspective from an outside person.	10/21/2020 2:34 PM
57	anything related to stress very helpful	10/21/2020 2:34 PM
58	very helpful in a stressful time we live in	10/21/2020 2:33 PM
59	good ideas to destress	10/21/2020 2:33 PM
60	I like all his examples very helpful.	10/21/2020 2:33 PM
61	his tone, he seemed knowledgeable and as if he really cared.	10/21/2020 2:33 PM
62	everything	10/21/2020 2:33 PM
63	the speaker and the activities.	10/21/2020 2:33 PM
64	THE TOPIC	10/21/2020 2:33 PM
65	A lot of things he talked about were just simple things to do for stress relief.	10/21/2020 2:33 PM
66	The techniques and pertinence.	10/21/2020 2:33 PM
67	a change from the normal healthcare topics with useful information	10/21/2020 2:33 PM
68	The positive energy of the speaker, Pete was the best.	10/21/2020 2:33 PM
69	the exercises to keep us engaged and website reference.	10/21/2020 2:33 PM
70	stress relief topics	10/21/2020 2:33 PM

71	"if you could do one thing without failing, what would that be?" that was a great	10/21/2020 2:33 PM
72	everything	10/21/2020 2:33 PM
73	what stress can cause and how to relieve it.	10/21/2020 2:33 PM
74	I loved this session. This was something that was needed in this stressful year.	10/21/2020 2:33 PM
75	The speakers smooth relaxing voice.	10/21/2020 2:33 PM
76	audience participation	10/21/2020 2:33 PM
77	New ideas for stress relief and the reminder that we need to do stress relief everyday!	10/21/2020 2:33 PM
78	exercises	10/21/2020 2:33 PM
79	All the great suggestions give you multiple options to help relieve stress.	10/21/2020 2:33 PM
80	The activities	10/21/2020 2:33 PM
81	the speaker kept it interesting	10/21/2020 2:33 PM
82	Very calming	10/21/2020 2:32 PM
83	exercises	10/21/2020 2:32 PM
84	Topic	10/21/2020 2:32 PM
85	The question and answer part--lots of good questions	10/21/2020 2:32 PM
86	The whole message and the fact that there were solutions provided not just talked about.	10/21/2020 2:32 PM
87	5 values	10/21/2020 2:32 PM
88	helpful information	10/21/2020 2:32 PM
89	the speaker was calming and enjoyable to listen to	10/21/2020 2:32 PM
90	How the moderator included the audience	10/21/2020 2:32 PM
91	The tone and message of the presenter	10/21/2020 2:32 PM
92	Speaker's explanation of FEAR. His personal experiences.	10/21/2020 2:32 PM
93	He was a pleasant speaker.	10/21/2020 2:32 PM
94	All the stress reducing techniques. These were great!	10/21/2020 2:32 PM
95	Professor Pete was excellent	10/21/2020 2:32 PM
96	This was a nice break from the typical healthcare topics. I really enjoyed it!	10/21/2020 2:32 PM
97	The exercises	10/21/2020 2:32 PM
98	The speaker kept my interest. One of the best ones I have attended	10/21/2020 2:32 PM
99	useful information	10/21/2020 2:32 PM
100	exercises	10/21/2020 2:32 PM
101	Very informative	10/21/2020 2:32 PM

## Q9 What did you like least about this session?

Answered: 58 Skipped: 139



#	RESPONSES	DATE
1	.	10/21/2020 6:43 PM
2	n/a	10/21/2020 3:24 PM
3	No	10/21/2020 2:48 PM
4	Too narrow of a view of relieving stress- it was kind of dark.	10/21/2020 2:42 PM
5	Nothing. Everything was valuable.	10/21/2020 2:41 PM
6	n/a	10/21/2020 2:37 PM
7	not long enough lol	10/21/2020 2:37 PM
8	Too touchy feely - Stress did not kill this persons friend, cancer did No one should be told to delete their email inbox as they could get fired.	10/21/2020 2:36 PM
9	YOGA AND OTHER SPIRITUAL RECOMMENDATIONS	10/21/2020 2:36 PM
10	The suggestion to purge emails gave me a lot of anxiety.	10/21/2020 2:36 PM
11	All was great and great advise.	10/21/2020 2:36 PM
12	NA	10/21/2020 2:36 PM
13	N/A	10/21/2020 2:36 PM
14	n/a	10/21/2020 2:35 PM
15	Speaker's monotone voice after lunch was a little hard to take.	10/21/2020 2:35 PM
16	n/a	10/21/2020 2:35 PM
17	There was nothing that didn't have value. Everything was on target.	10/21/2020 2:35 PM
18	very informative	10/21/2020 2:35 PM
19	Nothing	10/21/2020 2:34 PM
20	zero, zip, zilch, nada.	10/21/2020 2:34 PM
21	na	10/21/2020 2:34 PM
22	NA	10/21/2020 2:34 PM
23	N/A	10/21/2020 2:34 PM
24	n/a	10/21/2020 2:34 PM
25	N/A	10/21/2020 2:34 PM
26	n/a	10/21/2020 2:34 PM
27	Nothing	10/21/2020 2:34 PM
28	Nothing	10/21/2020 2:34 PM
29	N/A	10/21/2020 2:34 PM
30	N/A	10/21/2020 2:34 PM
31	He was great!	10/21/2020 2:34 PM
32	N/A	10/21/2020 2:34 PM
33	Nothing really.	10/21/2020 2:34 PM
34	It wasn't long enough.	10/21/2020 2:34 PM
35	everything was good.	10/21/2020 2:34 PM
36	N/A	10/21/2020 2:34 PM
37	n/a	10/21/2020 2:34 PM

38	it was all good	10/21/2020 2:33 PM
39	n/a	10/21/2020 2:33 PM
40	None	10/21/2020 2:33 PM
41	the time it was scheduled. in the middle of the day was difficult to schedule.	10/21/2020 2:33 PM
42	nothing	10/21/2020 2:33 PM
43	Too short	10/21/2020 2:33 PM
44	N/A	10/21/2020 2:33 PM
45	We liked it all	10/21/2020 2:33 PM
46	no issues	10/21/2020 2:33 PM
47	Q and A , but that is just me.....	10/21/2020 2:33 PM
48	n/a	10/21/2020 2:33 PM
49	nothing	10/21/2020 2:33 PM
50	I could not see the screen as it was blocked from my computer by our IT department	10/21/2020 2:33 PM
51	Nothing! LOL	10/21/2020 2:33 PM
52	n/a	10/21/2020 2:33 PM
53	it was all good	10/21/2020 2:33 PM
54	repetitive questions	10/21/2020 2:33 PM
55	a little slow	10/21/2020 2:32 PM
56	N/A	10/21/2020 2:32 PM
57	N/A	10/21/2020 2:32 PM
58	n/a	10/21/2020 2:32 PM

## Q10 Additional comments and/or suggestions?

Answered: 29 Skipped: 168

#	RESPONSES	DATE
1	.	10/21/2020 6:43 PM
2	n/a	10/21/2020 3:24 PM
3	Great presentation especially during this pandemic stress.	10/21/2020 2:52 PM
4	No	10/21/2020 2:48 PM
5	Life has so much to offer if we learn to abase and abound. Stress is an ant and grace is larger than this universe.	10/21/2020 2:42 PM
6	Thank you for taking the time to speak to us and give us stress reducing exercises. My deepest condolences to Pete and the loss of his friend.	10/21/2020 2:41 PM
7	This was really great!!! Maybe allow more time for the Q&A section because it seems like there were a lot more questions that we didn't get to cover.	10/21/2020 2:36 PM
8	NA	10/21/2020 2:36 PM
9	Thank You	10/21/2020 2:35 PM
10	This session was Awesome!!	10/21/2020 2:35 PM
11	This was great. Professor Alexander did an amazing job and I liked the focus on our personal health, especially in the current environment.	10/21/2020 2:35 PM
12	This was an excellent webinar and topic. Good choice!	10/21/2020 2:35 PM
13	I enjoyed the audience participation. Prof. Alexander has a nice relaxing voice and cadence.	10/21/2020 2:34 PM
14	very much needed in this fast paced career choice	10/21/2020 2:34 PM
15	N/A	10/21/2020 2:34 PM
16	Great presentation! Thank you!!	10/21/2020 2:34 PM
17	hope you will bring back this speaker again . very lifting.	10/21/2020 2:34 PM
18	Nothing	10/21/2020 2:34 PM
19	Knowledgeable speaker	10/21/2020 2:34 PM
20	N/A	10/21/2020 2:34 PM
21	None	10/21/2020 2:34 PM
22	Encore presentation?	10/21/2020 2:34 PM
23	n/a	10/21/2020 2:33 PM
24	Keep smiling	10/21/2020 2:33 PM
25	Thank you AAHAM !	10/21/2020 2:33 PM
26	Thank you.	10/21/2020 2:33 PM
27	Condolences to Pete for his loss.	10/21/2020 2:33 PM
28	none	10/21/2020 2:33 PM
29	Great Webinar!	10/21/2020 2:33 PM

## Q11 Please list any topics you would like to see covered in future webinars.

Answered: 16 Skipped: 181

#	RESPONSES	DATE
1	.	10/21/2020 6:43 PM
2	not sure	10/21/2020 3:24 PM
3	Healthcare updates	10/21/2020 2:48 PM
4	Committment and Results	10/21/2020 2:42 PM
5	Please have another webinar with Professor Pete in another 6 months. It would be nice to have a refresher course with how to control stress especially during these uncertain times.	10/21/2020 2:41 PM
6	NA	10/21/2020 2:36 PM
7	Learning best practices for Point of Service collections Prevent Denials	10/21/2020 2:35 PM
8	We need more sessions for stress	10/21/2020 2:35 PM
9	More topics that would benefit work as well as everyday personal life too	10/21/2020 2:35 PM
10	More tips on the CRCP exam test taking as I am scheduled soon	10/21/2020 2:35 PM
11	N/A	10/21/2020 2:34 PM
12	Na	10/21/2020 2:34 PM
13	Can't think of nay	10/21/2020 2:34 PM
14	to hear more related to stress during this Covid times	10/21/2020 2:34 PM
15	Customer Service	10/21/2020 2:33 PM
16	more personal growth	10/21/2020 2:33 PM