

RANDOM ACTS OF KINDNESS FOUNDATION®

Cultivating Resilience Through Kindness Evaluation

Date:

District:

School:

1. Rate your level of confidence to implement each objective BEFORE the training and now AFTER the training.

My confidence to:	Before training				After training			
	1=Not confident 2=Somewhat confident 3=Confident 4=Very confident				1=Not confident 2=Somewhat confident 3=Confident 4=Very confident			
Inspire a culture of kindness	1	2	3	4	1	2	3	4
Implement Kindness in the Classroom® curriculum	1	2	3	4	1	2	3	4
Create an action plan to utilize Kindness in the Classroom® tools and resources in your classroom	1	2	3	4	1	2	3	4

2. In regards to this training, the overall content presented...

	Very Little	Somewhat	Generally	Significantly
is USEFUL to me.	1	2	3	4
is APPLICABLE to my work.	1	2	3	4
has CHANGED my THINKING .	1	2	3	4
has REINFORCED my thinking.	1	2	3	4

3. Identify at least one thing you learned today which you will use in your practice.

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4. How much have the following **INCREASED** as a result of today's training?

	No Increase	Some Increase	Moderate Increase	Great Increase
Overall KNOWLEDGE of the training content presented.	1	2	3	4
Overall SKILLS presented during the training.	1	2	3	4
Overall CONFIDENCE that you can apply the knowledge and skills to your job.	1	2	3	4
Overall MOTIVATION to implement the knowledge and skills presented.	1	2	3	4

5. Identify at least one thing you plan to change in your practice as a result of this training.

6. Indicate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Agree	Strongly Agree
The facilitator(s) are knowledgeable about the subject matter.	1	2	3	4
The facilitator(s) adequately answered questions/concerns.	1	2	3	4
The facilitator(s) created a positive learning environment.	1	2	3	4
The training kept my interest.	1	2	3	4
The facility was comfortable.	1	2	3	4

Comments:

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7. What was the most valuable thing you learned from today's training? Please be specific.

8. If you indicated "disagree" or "greatly disagree" to any of the questions/statements, tell us how we can improve. Please be specific.

9. Is there anything else you'd like to share?