

**TRICARE MGT ACTIVITY - Great Lakes, IL Workshop Attendee Comments:**  
**August 25<sup>th</sup> & 26<sup>th</sup> and 27<sup>th</sup> & 28<sup>th</sup> 2009**

- “You convinced me this health stuff works! After 2 days of hearing the whys, getting to taste and **liking** healthier snacks, plus experiencing first-hand the positive effects (pain relief) of the essential oils I’m there. Thank you!” – **Application:** Drink more water. Use coping skills & natural oils & herbs to help me feel better & do my job better. Apply things learned. – **Ozzie**
- Very organized & informative, knowledgeable instructor. Not enough time. **Application:** Use the materials & info given each day. – **Victoria**
- Liked variety of information – health, nutrition, possible resolutions. Wasn’t long enough, other meetings going on so couldn’t attend all. Valuable training & it’s doable. **Application:** Will apply! – **Kathy**
- Liked that the workshop could be somewhat tailored to specific needs. Was not rushed, but more time to go over things would have been helpful. **Application:** I can apply many things to my life from the change in eating habits to the communication skills. – **Rosie**
- Loved the handouts & all the different exercises. Class was very relaxed. Should have been longer. **Application:** “When I get a bad phone call, I learned different ways to stay calm during the call. – **Barbara**
- Pointed out things in my life that I didn’t realize were causing stress. Not enough time. **Application:** Breathing correctly, watch what I eat, & look for the positive things.
- “I really enjoyed this class. It would be nice if it were longer.” **Application:** My hope is it will help me do a better job.
- Informative. Too short. Class was cut short because of HR meeting first day. **Application:** Help stay more focused on tasks. – **Patrick**
- Liked supplement suggestions most. Could have used a third day. **Application:** Coping Tips
- Liked most “what I learned – communication, coping tips. It was too short.” **Application:** How to relax at work
- Very informative, all slides not in handouts. **Application:** Will have a more positive attitude in intense situations.
- Liked new approach to handle stress, lost focus on day one. **Application:** Less stress and more productivity. – **Kaz**
- Liked samples. **Application:** Learned how to relieve stress
- Thorough & very well organized. Excellent presentation. Liked new information. “I can utilize it for life.” **Application:** How to breathe & stretch to get thru stress right at my desk. Need to bring this back again. – **Angela**
- Dynamic speaker. Very practical topics true to life experiences. **Application:** Improve my breathing exercises technique & frequency, evaluate dieting habits – **Judy**
- Liked most: the info about the uses of essential oils & how stress attacks the body. **Application:** Breathing better, taking supplements means better health & productivity.
- Liked most: The nutritional factors concerning stress. **Application:** By finding out my blood type helpful for eating more consciously for my health – **Frankie**

- Liked most: General awareness of strategies to combat stress, eating for type made good sense. Least: Constricted room size. **Application:** Communication with co-workers – Daily stress reduction. – **Bruce**
- Liked most: Info on blood type and better foods to eat. **Application:** “I will use the breathing exercises throughout the work day.” – **Linda**
- Liked most: Down to earth – common sense approach. **Application:** Yes, especially with MMSO getting ready for transition. – **Janice**
- Very informative. **Application:** Dealing with co-workers & customers – **Donna**
- I could not attend full class, appreciated the instructor giving me a personalized quick version of the class. **Application:** ALL employees should be scheduled for this training. – Jacquelyn
- Liked most: Info given on blood type and essential oils. **Application:** Hopefully, get more energized and not so lethargic. – **Marsha**
- All 5’s, one 4.
- Instructor was very knowledgeable and very pleasant personality really enjoyed her. **Application:** Doing exercises at my desk. – **Mary**
- Four 5’s two 4’s.
- Liked most: Education. Rachel covered everything. She deserves an A+. Classroom rather small. Also need 3-Day training. **Application:** Do exercises at my desk eat healthy snacks at break time. – **Ida**
- Liked most: Learning about ways to eat right, relax & be more productive. **Application:** Use relaxation & healthy eating habits to increase productivity & be energized for future tasks. – Leslie
- Enjoyed receiving the books. Instructor very knowledgeable, tremendous energy.
- Very informing. **Application:** Relax at desk. – **Vickie**
- Liked most: Samples of nutritional snacks were provided & were very tasty. Supplement labels were provided – very helpful. **Application:** “I can do stretches to help relieve stress. This information will hopefully change & increase our lives!” – **Lynette**