Taking Care of Ourselves: Stress Reduction Workshop

Center for Early Childhood Mental Health Consultation
Georgetown University Center for Child and Human Development

Date:_____   Location: _____   Trainer:_____

PROGRAM AFFILIATION:

- o Head Start
- o Early Head Start
- o Child Care
- o Mental Health
- o Parent
- o Other

PARTICIPANT INFORMATION

1. My role can best be described as (check one only):

- o Administrator/manager
- o Mental Health Consultant
- o Early care and education provider
- o Parent/Caregiver
- o Community Partner
- o Other_____

2. I have been involved in early care and education or serving young children and families for:

o I am not involved   o Less than 1 year   o 1-2 years   o 3-5 years   o 6-10 years   o 10 + years

COURSE OBJECTIVES

Please indicate how much you agree or disagree with each of the following statements by circling the appropriate number. This training helped me to:	Strongly Disagree	Disagree	Agree	Strongly Agree
PART 1 – Understanding Stress				
1. Understand the definition of stress	1	2	3	4
2. Identify common sources of stress	1	2	3	4
3. Describe my personal sources and signs of stress	1	2	3	4
Part 2 – My Role In Stress Creation and Reduction				
1. Recognize the link between thoughts, behavior, and emotion	1	2	3	4
2. Recognize the role of control in stress creation and reduction	1	2	3	4
3. Understand my personal role in stress creation and reduction	1	2	3	4
Part 3 – My Individualized Plan				
1. Identify strategies and practice techniques to reduce my level of stress	1	2	3	4
2. Create my Individualized Action Plan for managing stress	1	2	3	4
Comments:				

LEARNING EXPERIENCE

Please give use feedback about components of this training.	Poor	Fair	Average	Good	Excellent
1. Structure (e.g., # of sessions, # of trainers, etc.)	1	2	3	4	5
2. Quality	1	2	3	4	5
3. Usefulness of information	1	2	3	4	5
4. Balance of lecture, team work, group discussions	1	2	3	4	5
5. Use of examples and their relevance	1	2	3	4	5
6. Homework and follow-up	1	2	3	4	5
7. Opportunity to learn from peers and network	1	2	3	4	5
Comments:					

Please answer the following questions:

1. What aspect(s) of the training were most helpful?

2. Based on this training, what will you use within the next month?

3. What aspect(s) of this training would you do differently?

Thank you for your feedback!