

## Emotional Intelligence Class Evaluation

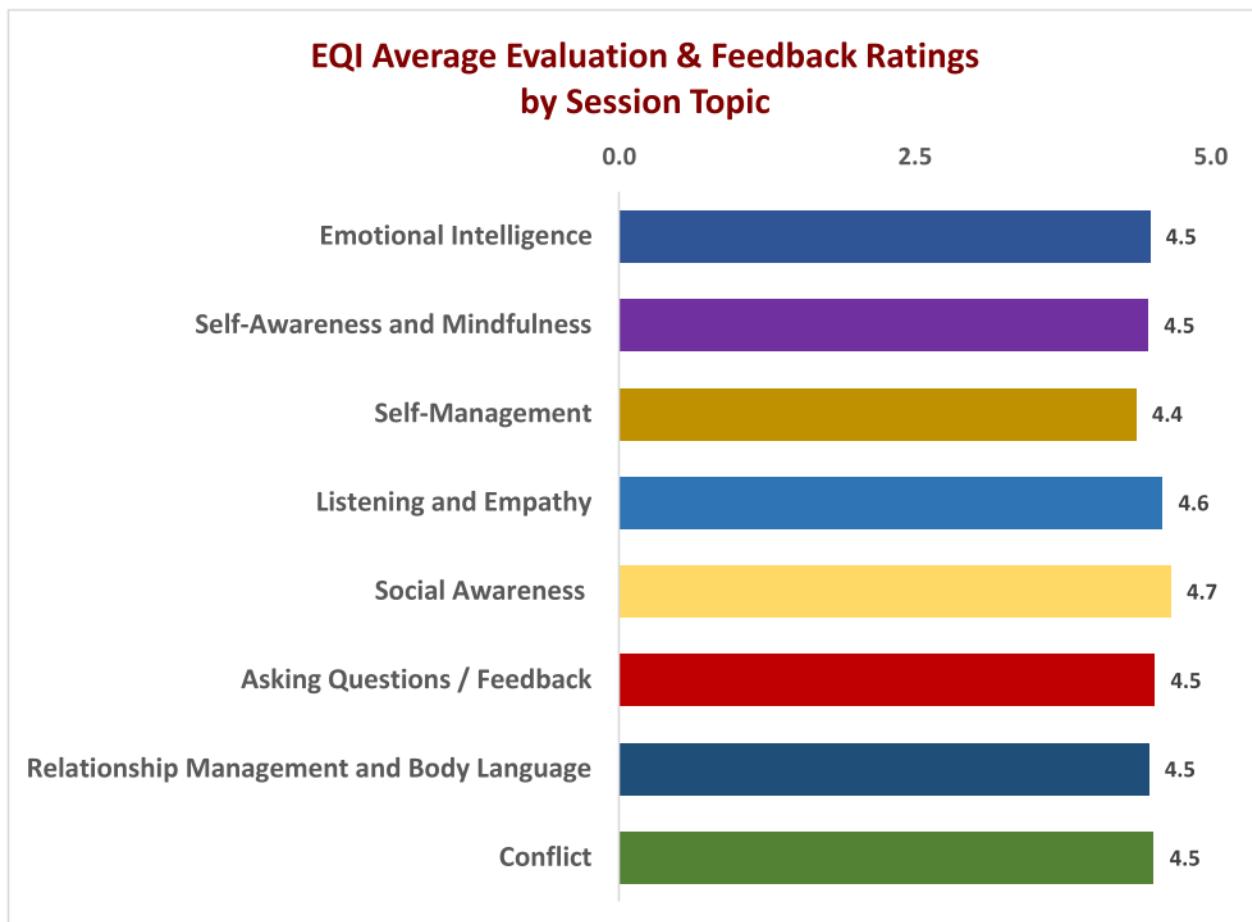
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Participants gave *Through Eagles Eyes* an overall course rating of **4.5**. In general, the course content and materials were found to be **very relevant**.

*Through Eagles Eyes* Emotional Intelligence class is given in eight-sessions. Each course was rated and comments provided.



This course evaluation was completed by one hundred twenty (120) participants.

**PARTICIPANT COMMENTS:****Overall Comment/Feedback**

- “This was a good class and well worth taking. Many of the concepts I have learned in communication training I have had in the past. However, this class taught from a different perspective. My past training tended to be externalized, teaching how others think, act, or react. This class, in my opinion, tended to be internalized, teaching how I think, act, or react, and how that affects others.”
- “I will admit that coming into this class I thought that there would be a big “forced” emphasis on humanism or eastern religious concepts. Although there were some of these concepts, they were never forced, only presented. As a devout Christian I found this refreshing. There was never a point in the class where I thought I needed to guard myself against what was being taught. I am grateful that I had the opportunity to take this class. I am also grateful that I had the opportunity, however brief, to meet you.”
- “With this being the second time through, I’m amazed by how much more I learned – to me that translates to the class being built in a way that everyone can access and understand no matter their place on the journey – one just beginning or one down the road a bit.”

**Week 1 – *What is Emotional Intelligence?* – Rated 4.5**

- "This really made me self-aware of how I want to lead and not lead. It was a great ice breaker!"
- "Great job explaining what Emotional Intelligence was, and how it relates to being a great leader/boss."
- “Bringing the best/worst boss in makes the abstract concept more concrete and relatable. Sets the groundwork for why we are doing this.”

**Week 2 – *Self-Awareness and Mindfulness* – Rated 4.5**

- "I enjoyed having the homework at the end of each class & having the time between to try it. It helps to apply what you learn."
- "A great class to show the science behind our emotions and responses. Helped a great deal in being able to stop in those moments and be aware."
- “I enjoyed learning the science behind all of this, and the opportunity to practice the pause.”

**Week 3 – *Self-Management* – Rated 4.4**

- "Self-management was very eye opening for me. I have practiced many of these techniques which have helped my day to day reactions."
- "Helped with conflict and with public speaking."
- “I absolutely loved the tools of visualization – especially adding in those “mountain top experiences’ to get into that positive, energetic mindset.”

**Week 4 – Listening and Empathy – Rated 4.6**

- "Focus on the types of listening and how & when to use them. I loved the Brene Brown video."
- "'Why am I talking?' Helped to see and understand what it means to remain neutral. I liked that we practiced on staying objective and free of judgement."
- "How to communicate. Key point. Loved it."

**Week 5 – Social Awareness– Rated 4.7**

- "My favorite class. Understanding what tools are needed to get a feel for an individual or group setting is of large help."
- "Learning positive emotions trump negative ones was a critical piece of info for me to use more in moments of conflict to reduce the level of intensity. Both folks have habits."
- "Positive. Positive. Great discussions. Learning and tools. So very useful."

**Week 6 – Asking Questions / Feedback – Rated 4.5**

- "Other leaders need to attend this training."
- "Another great learning experience. 'Telling isn't teaching.' Powerful stuff around just saying 'thanks' for feedback."
- "Receiving feedback was very helpful. Loved the exercise on how to not respond when others are talking."

**Week 7 – Relationship Management and Body Language – Rated 4.5**

- "Body language is one of my biggest areas to work on. I appreciate the class and insight into what I can do and how what I do can affect others."
- "Pulled it all together. Out of your vulnerabilities comes your strength helped me look at perceived weaknesses in a new way."
- "I am much more aware of mine and others body language so I can now better help my team."

**Week 8 – Conflict – Rated 4.5**

- "Discovered my default way of addressing conflict. I can now focus on changing from my usual way of dealing with it."
- "The most eye opening with respect to myself. Knowing that I'm an avoider but using that to work toward other areas when needed."
- "Best of the classes as it tied prior sessions to concrete action steps."

Note: The selections of comments have been narrowed down for a condensed version of this report.