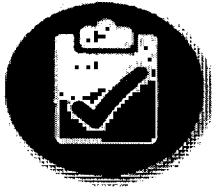


## Please evaluate your stress workshop



This workshop was incredible. Professor Torbati did a great job leading us to really think about the things that we do in life that causes stress and how to reduce stress in our lives.

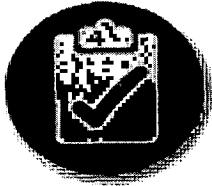
I am walking away from this class with awareness that will make me a better teacher and mother.

Thank you!

Thank you for attending & being the most relaxing part of the stress workshop

Please remember stress reduction should be part of our daily procedure

## Please evaluate your stress workshop



Dr. Torbati,

I always enjoy sessions with you.

I appreciate your perspective and learn a wealth of information that I am excited to apply in my classroom to help my students grow.

Thank you for offering this course and for sharing your wisdom.

With gratitude!



Thank you for attending & being the most relaxing part of the stress workshop

Please remember stress reduction should be part of our daily procedure