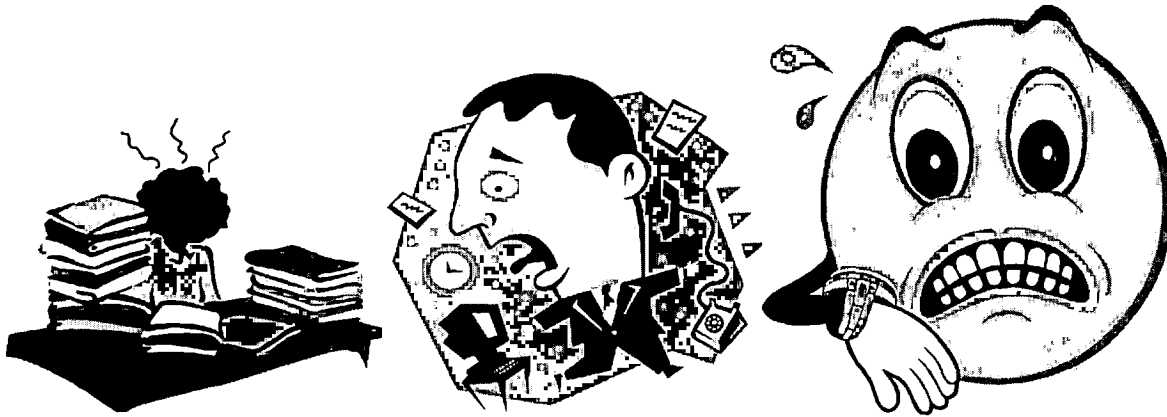


Please evaluate your "stress & Stress Management" workshop



I learned ways to cope or  
reduce stress in my life, <sup>and</sup> Classrooms.  
The workshop was informative,  
practical and memorable. The  
movie clips and articles were  
interesting and enlightening.

Thank you for attending & I hope you have learned the necessary tools to reduce your stress as well as your student's stress. hope our paths cross again until then ,be happy ,be kind ,count your blessings ,and stress less

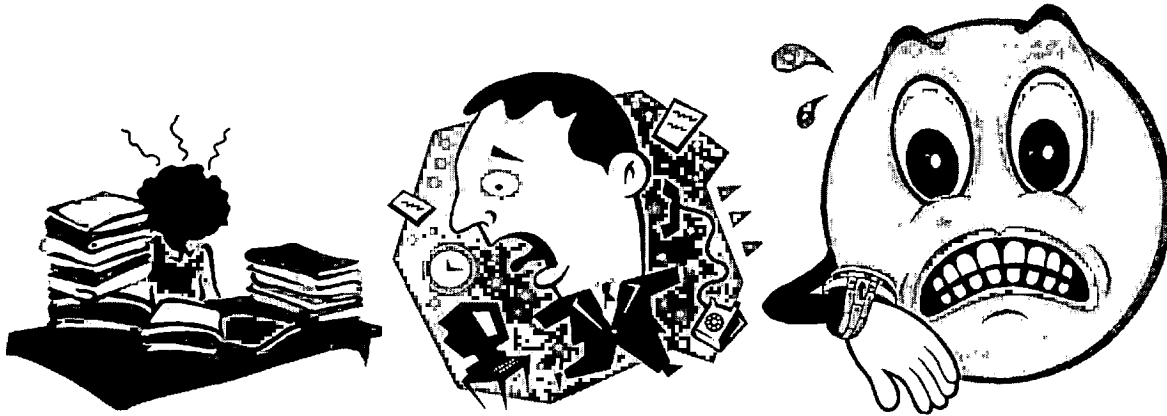
Please evaluate your "stress & Stress Management" workshop



Mrs. Forbati did a great job of teaching us about Stress Management. This was the Best Class, and will apply it in the Classroom.  
Thank you.

Thank you for attending & I hope you have learned the necessary tools to reduce your stress as well as your student's stress hope our paths cross again until then ,be happy ,be kind ,count your blessings ,and stress less

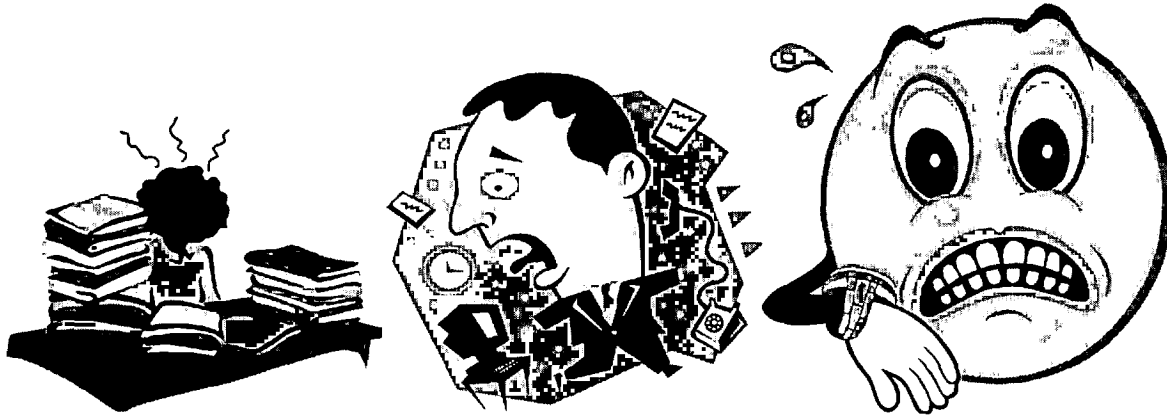
Please evaluate your "stress & Stress Management" workshop



This class was incredible! I learned so many helpful and useful techniques to relieve stress in the classroom as well in my daily life. I am more knowledgeable about the causes of stress, symptoms to look for when stressed, and ways to relieve that stress. I am really excited to implement what I have learned in my classroom. I know I will be a better, less-stressed teacher this year because of this class! I look forward to taking more of Dr. Torbati's classes in the future!

Thank you for attending & I hope you have learned the necessary tools to reduce your stress as well as your student's stress. Hope our paths cross again until then, be happy, be kind, count your blessings, and stress less.

Please evaluate your "stress & Stress Management" workshop

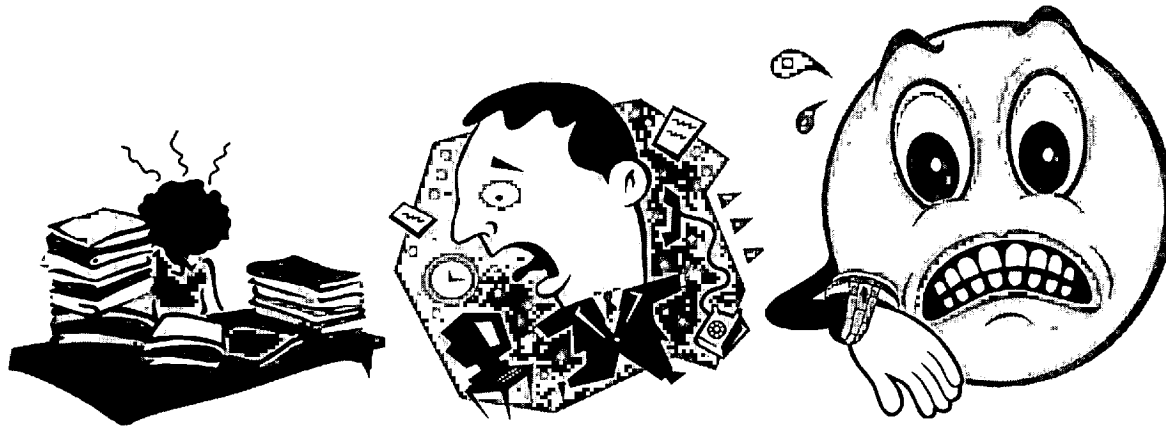


This is a fantastic class. I will take a lot of what I learned today and apply it in my classroom. Great Job !!!

A large, stylized handwritten signature.

Thank you for attending & I hope you have learned the necessary tools to reduce your stress as well as your student's stress hope our paths cross again until then ,be happy ,be kind ,count your blessings ,and stress less

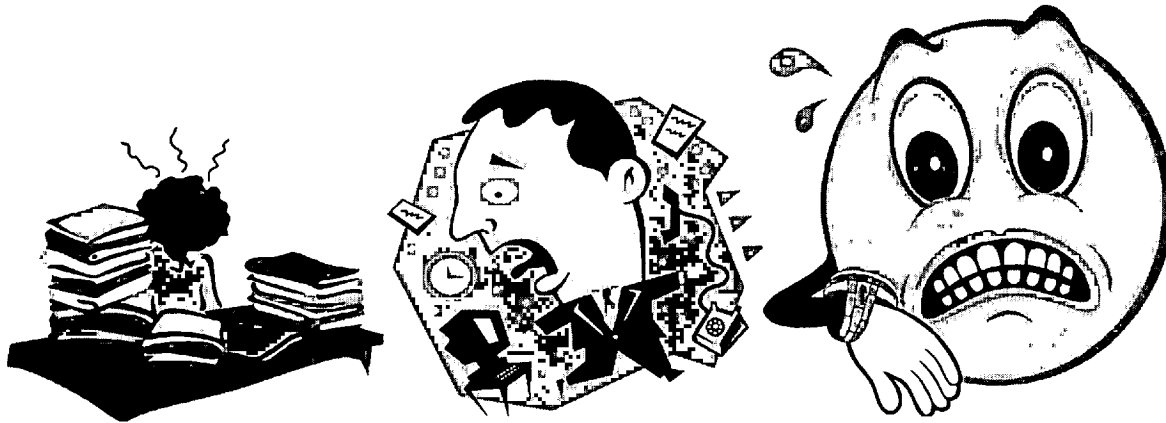
Please evaluate your "stress & Stress Management" workshop



On a scale of 1 to 10 I give it a 10. This workshop was informative and practical, I learned techniques and ideas that I can readily use in my classroom and everyday life. This was well worth the money & time.

Thank you for attending & I hope you have learned the necessary tools to reduce your stress as well as your student's stress. Hope our paths cross again until then, be happy, be kind, count your blessings, and stress less.

Please evaluate your "stress & Stress Management" workshop

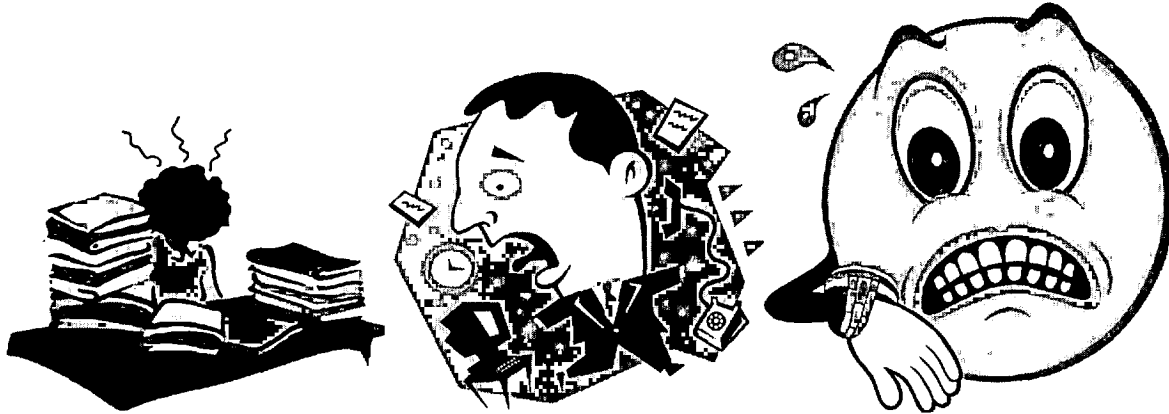


- \* Excellent source of strategies to cope with stressors!
- \* I learned many techniques that I will incorporate into my classroom.
- \* Well-planned & delivered by instructor.
- \* Torbati is always passionate about her topics/workshops and offers excellent resources for teachers and students.

Thank you for attending & I hope you have learned the necessary tools to reduce your stress as well as your student's stress. hope our paths cross again until then ,be happy ,be kind ,count your blessings ,and stress less



Please evaluate your "stress & Stress Management" workshop

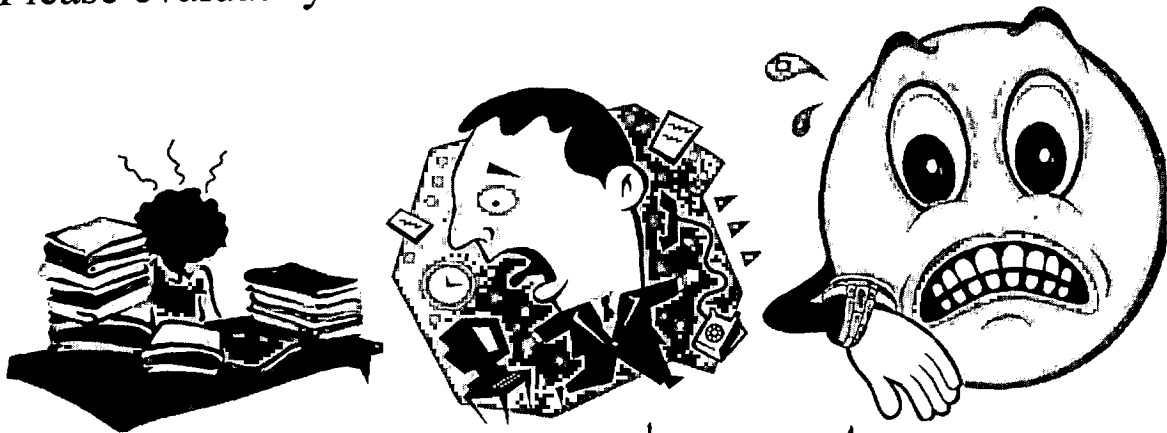


Another wonderfully brilliant class. I feel less stress just by attending your class. The workshop gave me amazing ideas for my students, myself and family. I can't wait to use the many, many strategies in my classroom this year as well as sharing the knowledge with my children.

Blessings to you!

Thank you for attending & I hope you have learned the necessary tools to reduce your stress as well as your student's stress hope our paths cross again until then ,be happy ,be kind ,count your blessings ,and stress less

Please evaluate your "stress & Stress Management" workshop



~~This workshop has been~~

This workshop has been very beneficial to me. ~~This~~ <sup>I attended</sup> ~~the~~ <sup>this</sup> class at the night time in my life. I understand that stress will prevent me from being the best I can. I will stop trying to make everyone happy and do things that will make me happy too.

Thank you for attending & I hope you have learned the necessary tools to reduce your stress as well as your student's stress. Hope our paths cross again until then, be happy, be kind, count your blessings, and stress less.