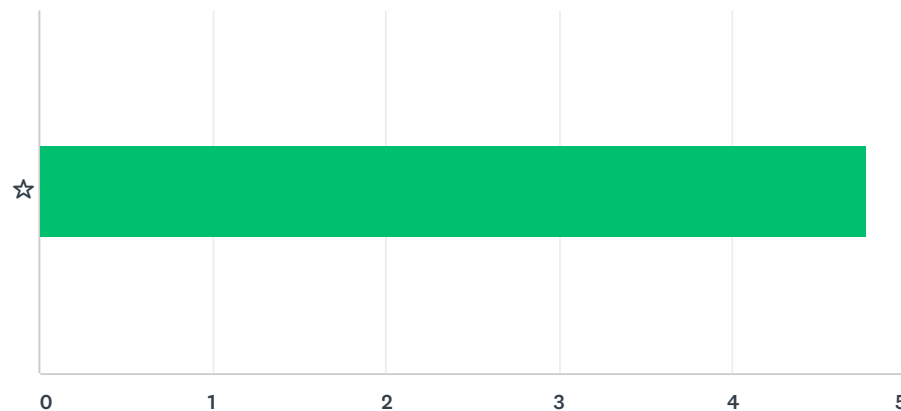


Q1 How would you rate your workshop trainer?

Answered: 53 Skipped: 0

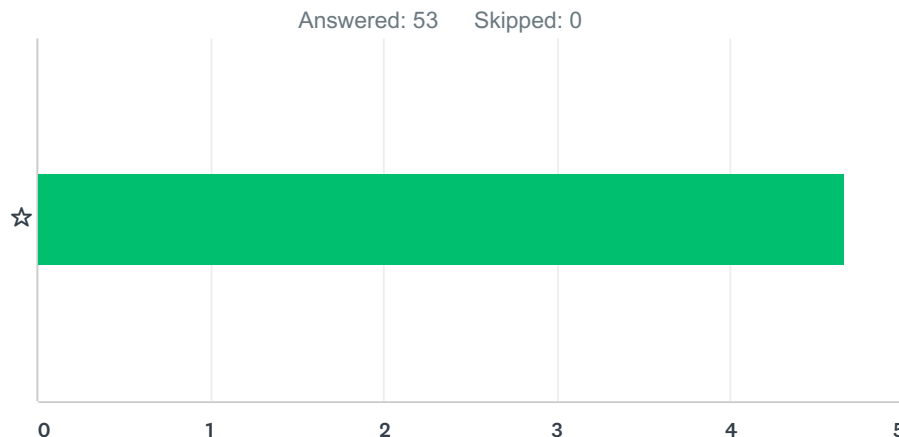


	1	2	3	4	5	TOTAL	WEIGHTED AVERAGE
☆	0.00% 0	0.00% 0	1.89% 1	18.87% 10	79.25% 42	53	4.77

#	ADDITIONAL COMMENTS	DATE
1	Fantastic energy, provides personalised advice. Made everyone feel comfortable, while providing constructive criticism	2/27/2019 10:37 AM
2	Peter was a good facilitator. At times, he was intimidating but, we knew he had good intent. He definitely kept us on our toes and gave direct, honest feedback.	2/7/2019 4:23 PM
3	Peter Hiddema was absolutely amazing as a trainer. He made the workshop enjoyable.	1/30/2019 12:18 PM
4	Very effective	1/2/2019 2:35 PM
5	Peter was easy to understand and follow. He was very engaging and fun to listen to and talk with.	12/20/2018 9:16 AM
6	Peter was amazing. He did a really good job facilitating the workshop and giving feedback.	12/5/2018 1:51 PM
7	Excellent. Very engaging.	11/28/2018 10:11 AM
8	Peter was the best speaker / trainer I have ever encountered in the many seminars / workshops I have attended. He was very engaging, had a great natural speaking style and I couldn't wait to learn more. The two day course flew by. I will highly recommend this course to my colleagues.	11/28/2018 9:59 AM
9	He was excellent and comes with amazing experience.	11/1/2018 7:29 AM
10	Peter made the room very safe. Very good anecdotes. Great session leader.	10/1/2018 4:53 PM
11	Peter was excellent!!!!!!!!!!!!!! Very knowledgeable, friendly, engaging. Great listener and he provided LOTS of tips and suggestions from his personal experience.	6/27/2018 11:36 AM
12	He was great. Very interactive	6/7/2018 4:35 PM
13	He has a welcoming and a friendly approach that allowed me to loosen up anxieties. Explains well the concepts and has a very good pacing that allowed to me process and internalize information.	5/31/2018 6:48 AM
14	I enjoyed Peter's interaction.	5/2/2018 10:02 AM
15	Peter is very attentive and it was a pleasure to learn from him.	4/11/2018 9:47 AM
16	Hi - I really enjoyed Peter's presentation style and engagement with the group.	2/1/2018 10:56 AM
17	Excellent. Knows his stuff.	1/17/2018 9:17 PM
18	Excellent - very knowledgeable in his field.	11/29/2017 9:15 PM

19	Peter did a very good job and was always engaged in our discussions.	11/20/2017 1:27 PM
20	Outstanding facilitator, made everyone feel comfortable and provided a safe environment to hone our public speaking skills	10/18/2017 7:22 PM
21	I was quite impressed by the trainer. He is personable, has a great sense of humor and he is extremely knowledgeable about his subject matter; yet, he is not arrogant and makes an effort to offer his opinion as just one point of view. He offered some valuable feedback to each participant.	9/16/2017 2:53 PM
22	Excellent - patient, encouraging, supportive and non-judgemental. Very personable with a commanding presence.	8/31/2017 1:17 PM
23	Simple, Knowledgeable, Charismatic, Helpful, great to listen and learn	8/30/2017 11:05 AM
24	Excellent trainer! His comment or feedback is very helpful.	7/24/2017 9:33 AM
25	very professional and and the same time relaxed. His authenticity and experience connected well with the group.	6/23/2017 8:07 AM
26	DYNAMIC! Kind. Inclusive. Inspiring.	6/21/2017 11:55 AM
27	Well-spoken, provided good insight	6/7/2017 12:14 PM

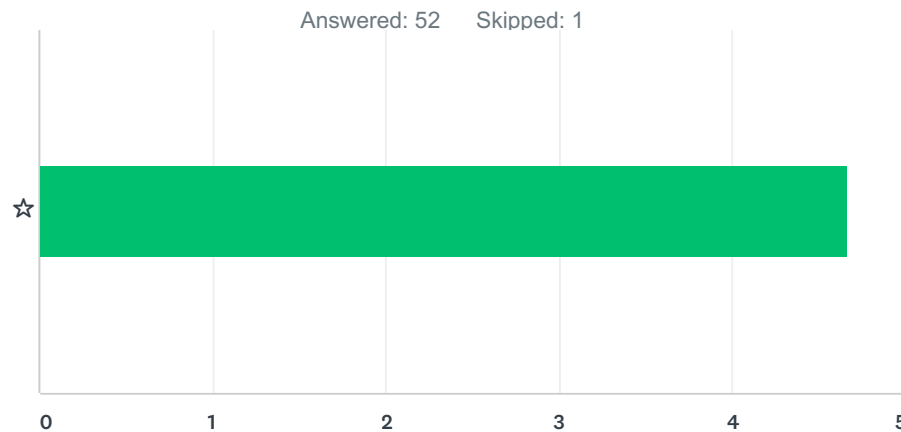
Q2 How would you rate the content of the workshop?



	1	2	3	4	5	TOTAL	WEIGHTED AVERAGE
☆	0.00%	0.00%	0.00%	33.96%	66.04%	53	4.66
	0	0	0	18	35		

#	ADDITIONAL COMMENTS	DATE
1	Very applicable to the things I needed to work on. All the topics made sense in the context of developing great presentation skills.	12/20/2018 9:16 AM
2	I thought it was very well done. It was definitely one of the better workshops I have been to.	12/5/2018 1:51 PM
3	I enjoyed the content and will be able to apply what I learned to real life settings / presentation engagements.	11/28/2018 9:59 AM
4	only area I felt may not have been addressed that was mentioned by people was how to incorporate story telling and anecdotes into a speech/ presentation, however I also feel like you need to master the basics we were taught first and then it may just come naturally.	11/28/2018 9:55 AM
5	It is well laid out and delivered.	11/1/2018 7:29 AM
6	Very interactive. Role play was very effective.	10/1/2018 4:53 PM
7	Content was good as well. Some stuff I had heard before, but most was interesting and new to me. Focus method is a great tool that is very useful. Presenting while reading from a script was also very useful. John's videos were also nice to see.	6/27/2018 11:36 AM
8	Excellent.	5/31/2018 6:48 AM
9	Content was very good. There were many great take-aways.	5/2/2018 10:02 AM
10	second day could have been more focused on instruction related to effective presentation (rather than so much time on room set up and breathing, etc)	1/21/2018 3:40 PM
11	Excellent as well.	1/17/2018 9:17 PM
12	Great exercises	11/29/2017 9:15 PM
13	Outstanding practical component and a virtual 1:1 coaching aspect from purposely maintaining a low # of registrants	10/18/2017 7:22 PM
14	At this point, I would say that the workshop covered everything I expected (voice, physical presence, delivery, elements of a good speech). I wish we were able to work on putting everything together a little more - more practice.	9/16/2017 2:53 PM
15	Nice content	8/30/2017 11:05 AM
16	Great, the content of the workshop is good. Especially the three point thinking did help me a lot in order to prepare the briefing materials.	7/24/2017 9:33 AM
17	The videos of John Plank were extremely helpful and connected me to him and his teachings.	6/23/2017 8:07 AM
18	Overall the content was good.	6/7/2017 12:14 PM

Q3 How would you rate the Commanding Presence workshop overall?



	1	2	3	4	5	TOTAL	WEIGHTED AVERAGE
☆	0.00%	0.00%	0.00%	32.69%	67.31%	52	4.67
	0	0	0	17	35		

#	ADDITIONAL COMMENTS	DATE
1	This really took me out of my comfort zone and was an emotional experience but I realize I should have gotten myself a note taker even though you provide the handbook, note take would write down details. I did enjoy the program and think I have improved while I was there.	1/30/2019 9:31 AM
2	I would recommend it for others.	1/2/2019 2:35 PM
3	I thought it was very helpful and I already feel an improvement. I would recommend it to others looking to improve in this area as well.	12/20/2018 9:16 AM
4	I feel like I got everything that I was hoping for and it helped me the next two days with my training.	12/5/2018 1:51 PM
5	There was a good mix of Powerpoint, video and practical experience to reinforce the areas that were covered at the workshop.	11/28/2018 9:59 AM
6	Will recommend it to colleagues.	10/1/2018 4:53 PM
7	It was great. After 4 presentations it was nice to see how much we all progressed.	6/27/2018 11:36 AM
8	Excellent	5/31/2018 6:48 AM
9	Worth my time and was fun!	1/21/2018 3:40 PM
10	The two days was worth it.	11/29/2017 9:15 PM
11	Excellent - I would recommend this to anyone.	10/18/2017 7:22 PM
12	The workshop overall was a great use of two days and was well-organized. I learned a few new things and I was reminded of many valuable things as well that I should be working on every day. Now it's up to me to take what I learned and practice, practice, practice using the tools provided. Perhaps once I've done this, I'll have further questions to move my performance to the next level.	9/16/2017 2:53 PM
13	Very beneficial - I will be able to apply what I learned.	8/31/2017 1:17 PM
14	This program has really helped me to understand the fact that simple discipline in your communication can bring so much difference	8/30/2017 11:05 AM
15	Excellent workshop! I would definitely recommend my co-worker to take this course.	7/24/2017 9:33 AM
16	Strong impact and great improvements achieved in only 2 days!	6/23/2017 8:07 AM
17	I think the Commanding Presence workshop is making a profound difference in people's lives. As is its leader: Peter Hiddema.	6/21/2017 11:55 AM
18	Was good to focus on how people currently present than trying to put everyone through a specific way they should present.	6/7/2017 12:14 PM

Q4 Is there room for improvement in the workshop? If so, what would you want to see improved?

Answered: 20 Skipped: 33

#	RESPONSES	DATE
1	Honestly, I have nothing to add. It exceeded my expectations. Facilitator/coach excellent. I understand there is no magic and I will need to do work but at least know it is possible to get better and feel more at ease.	2/28/2019 7:55 AM
2	In the first recording we were asking to speak off-the-cuff. All the others we were asked to prepare something...I wonder if the last recording should also be more unplanned as well. This allows for a better comparison between the first and last video. I feel we stumbled the most with the first video because it was us answering questions as opposed to preparing what we were going to speak about.	2/7/2019 4:23 PM
3	Nope.	1/30/2019 12:18 PM
4	Suggestion, maybe adding closed caption to video, even though I can hear it but it would make more of connection when reading as well?	1/30/2019 9:31 AM
5	There were some construction next door during the video taping that was a bit distracting.	1/2/2019 2:35 PM
6	Nothing really. I think the format was great, content was suitable, breaks were well timed. Class size was great. I maybe would not have liked it if it were 10 people. Having only 5 is good.	12/20/2018 9:16 AM
7	I can't think of anything off-hand. I liked that we had time to review two videos.	12/5/2018 1:51 PM
8	N/A	11/29/2018 4:48 PM
9	It was great.	11/28/2018 10:11 AM
10	The only improvement that I would have was with regards to food / hot beverages being available at breaks. Often times we ran out of hot water as there were a number of tea drinkers. Perhaps the questionnaire that you send out ahead of time can assess what hot beverages people enjoy.	11/28/2018 9:59 AM
11	room was a bit cold, I would have felt more comfortable if it was a few degrees warmer.	11/28/2018 9:55 AM
12	1-Reviewing more videos as a group would be helpful. 2-Providing more one on one feedback/coaching.	11/26/2018 6:48 PM
13	More feedback for talk 2/3 &4	9/30/2018 8:30 PM
14	Overall I thought the course was amazing but would be great to include a few more tips on how to deal with anxiety.	9/26/2018 8:39 AM
15	For my workshop, only 1 out of the 4 taped videos were reviewed together as a group for feedback. I was disappointed that it was only one, as the feedback from Peter and my peers were very insightful when we reviewed the first video. An improvement to the course would be to review at least one more video	9/4/2018 7:04 PM
16	Facility - service of the food was not on time.	6/7/2018 4:35 PM
17	There were 10 participants in my class which made for a long day of video reviews/critiquing. I would have preferred 6-8 people max and more time spent on improving problem areas for each person. The lunches were great on both day but I would suggest providing more variety for breakfast and refreshing the snacks throughout the day with healthy, high energy options.	5/31/2018 6:48 AM
18	I really enjoyed the workshop. Including a exercise in a meeting setting would be very beneficial.	4/11/2018 9:47 AM
19	I found the room was very cold initially and it took a while for the facility to respond to the request to increase the temperature.	2/1/2018 10:56 AM
20	Yes - more videotaping.	1/21/2018 3:40 PM

Q5 What were your favourite units or aspects of the program?

Answered: 50 Skipped: 3

#	RESPONSES	DATE
1	Perfect number of participants. Able to appreciate everyone's self perceptions and share experiences. Video reviews helpful.	2/28/2019 7:55 AM
2	Although, uncomfortable, reviewing the videos is definite plus of this program. Very practical	2/27/2019 10:37 AM
3	As much as it was painful the video portion. I also thought the focus method was a good tool.	2/7/2019 4:23 PM
4	I enjoyed learning about the Focus method as well as speaking effectively from notes.	1/30/2019 12:18 PM
5	it was small group	1/30/2019 9:31 AM
6	Receiving feedback by observing the video taping was very helpful, as well as receiving feedback from the other participants.	1/2/2019 2:35 PM
7	I like the format of practicing in smaller groups and then with the larger group. I liked the videos from John Plank. Overall I think even just listening to Peter speak was very enlightening. Listening to others explain that they felt the same anxiety was comforting. Peter explaining the science behind the anxiety and how to potentially alleviate it was great.	12/20/2018 9:16 AM
8	Video reviews, personalized coaching, and I enjoyed the breathing and other calming techniques.	12/5/2018 1:51 PM
9	Presentation and Live feedback	11/29/2018 4:48 PM
10	Videotaped feedback.	11/28/2018 10:11 AM
11	I enjoyed the video recordings	11/28/2018 9:59 AM
12	learning about the physiological aspects of anxiety. practicing making eye contact.	11/28/2018 9:55 AM
13	I enjoyed that the program stretched all participants out of their comfort zone. The videos were both my least and favorite part. I gathered a lot of helpful hints along the way that I have already been able to put into action.	11/26/2018 6:48 PM
14	the focus method, the presentation with pause/eye contact	11/1/2018 9:36 AM
15	The videos and seeing the progress in speaking over the two days. Also the focus method is a great tool.	11/1/2018 7:29 AM
16	Video taped participant presentations.	10/1/2018 4:53 PM
17	High engagement	9/30/2018 8:30 PM
18	Learning how to take pauses and talk slowly. That really resonated with me.	9/26/2018 8:39 AM
19	The peer feedback was very helpful. It was a great learning opportunity to hear the feedback from my peers. The first video session where everyone introduced themselves was a great way to get acquainted and warm up the group.	9/4/2018 7:04 PM
20	The workshop overall was very helpful in particular the video recording sessions were great and the discussions that followed were insightful and constructive. I gained a lot from the section on focus notes.	8/29/2018 1:58 PM
21	Constructive feedback since it really helped us improve our skills further	8/29/2018 8:48 AM
22	Giving each other feedback on our first presentations and seeing our last presentations. I liked that we can see ourselves in the recordings as well to truly see how we present.	6/27/2018 11:36 AM
23	video of the presentations and all the feedback	6/7/2018 4:35 PM
24	the video taping and feedback	5/31/2018 6:48 AM
25	The Focus component and the speech/reading from notes.	5/2/2018 10:02 AM
26	Videotaping the speeches and proving the feedback.	4/11/2018 9:47 AM
27	I thought it worked well going to the videos of John Plank explaining material.	2/1/2018 10:56 AM

28	first day - learned a lot of techniques for effective presentation. practicing. small group practice	1/21/2018 3:40 PM
29	Getting concrete feedback on my presentations. The video feedback unit was the most impactful for me - not only seeing and getting feedback of my own presentation, but also of others.	1/17/2018 9:17 PM
30	video taping and feedback	1/17/2018 12:13 PM
31	focus unit	11/29/2017 9:15 PM
32	As mentioned above, feedback from the team. I really enjoyed the videos featuring John Plank. Some good ideas to leverage when public speaking - breathing, pausing after each sentence, etc.	11/20/2017 1:27 PM
33	Definitely the videotaping; good to watch yourself and gain feedback on how you appear to others.	11/3/2017 12:35 PM
34	Really liked going through the video taping session and watching it afterwards.	10/31/2017 9:20 AM
35	Great team and learned a great deal from others in the room as well as the facilitator!	10/30/2017 10:10 AM
36	Course provided a framework/construct to guide you, and recordings were extremely useful combined with instructor and peer feedback	10/18/2017 7:22 PM
37	Voice training/ breathing excercises	9/20/2017 1:16 PM
38	The location and room were ideal for this workshop. It was a beautiful space to spend 2 days and it allowed easy access to the outdoors quite frequently which helped to keep the energy level high.	9/16/2017 2:53 PM
39	Provided a safe environment for learning and an opportunity for recording and obtaining feedback. The attendees were all very serious about learning and interesting to work with.	8/31/2017 1:17 PM
40	Watching John Plank on videos was my favorite part, learnt so much from those small videos. Peter was an amazing trainer to learn from it was pleasure to know him	8/30/2017 11:05 AM
41	The favourite part is the video taping and review the video taping. This is excellent because we can learn from our mistakes or the weakness in order to focus the our issues in public speaking.	7/24/2017 9:33 AM
42	The videotaping sessions and opportunities where we were able to practice	7/22/2017 8:17 PM
43	FOCUS method	7/19/2017 1:21 PM
44	John Plank videos practice speaking and feedback sessions	6/23/2017 8:07 AM
45	Practicing. Being taped. Peter's feedback and the feedback of colleagues	6/21/2017 11:55 AM
46	Feedback on how I present and ways to improve	6/7/2017 12:14 PM
47	Video feedback	6/7/2017 9:12 AM
48	Focus method and relaxation exercises	5/31/2017 8:23 AM
49	Unit 3 - VOICE. Specifically the discussion on "Natural" vs "Normal" Voice.	4/30/2017 8:10 PM
50	Role playing. Video taping.	4/10/2017 9:32 AM

Q8 Would you like to provide a testimonial for this workshop? If so, please leave one in the comment section below.

Answered: 7 Skipped: 13

#	RESPONSES	DATE
1	Two very well invested days...I certainly wished I had done this earlier. Thank you...	2/27/2019 10:37 AM
2	I would recommend this program to anyone who is committed to improving their presentation skills.	1/2/2019 2:35 PM
3	The content and format of this workshop really works. It allows you to absorb the material, effectively practice the methods, and learn to improve through watching yourself and others. I thoroughly enjoyed listening to Peter and watching John Plank. I also benefitted from listening to other participants speak of their issues with presenting and watching them develop better skills. Overall, I would recommend this to anyone looking to become a more well-prepared and confident speaker.	12/20/2018 9:16 AM
4	After the Commanding Presence workshop, I had a two-day professional development course I needed to lead. The improvement in my speaking was noticed by the professionals in my course with many of them commenting on what an amazing teacher I was.	12/5/2018 1:51 PM
5	I would highly recommend the Commanding Presence workshop. Peter Hiddema is an amazing trainer / presenter. He is truly charismatic. His presentation style is easy to listen to and learn from and he offered a great mix of Powerpoint, video and practical elements throughout the two day workshop. It was an absolute delight to have such a rewarding experience.	11/28/2018 9:59 AM
6	It was amazing to see the improvement in every participant's presentation skills in only two days. Great course!	10/1/2018 4:53 PM