



Name & Date: _____

Dear seminar participant, we are very grateful for your support!

This questionnaire is developed by a University. Doctoral Candidates scientifically research the benefits of seminars. Our main interest is what you as a participant experience as most powerful and useful for you and your goals associated with this seminar.

Please write on each page at the top your name and the date, so that we know which pages belong together and that we have a chance to compare your answers before (expectations), after (results), and later (lasting benefits). Only your trainer & Institute, the University Professors and the Doctoral Candidates know your name and data. They treat it with scientific secrecy and discretion and keep the highest ethical standards.

The University is Universidad Central de Nicaragua (UCN) where Nandana Nielsen and Karl Nielsen are the responsible Professors for the International Psychology department: "International School of Psychology" www.ucn.edu.ni/posgrados/international-school-of-psychology with special focus areas in Coaching, NLP, Hypnosis, Business, Health, and Psychotherapy.

If you have any questions please use our email: research@in-ici.net

Thank you very much!

Nandana Nielsen & Karl Nielsen

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www.ucn.edu.ni/posgrados/international-school-of-psychology

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Please give us the following info:

Name of the seminar trainer: _____

Name of the Training Institute: _____

Country: _____ Town: _____

Training (title/association): _____

Number of training days: _____ Number of full hours of face-to-face training: _____

Your age: _____ Gender: _____ Nationality: _____

Your highest educational qualification (School or University): _____

Your profession: _____ Unemployed:

Employed: Freelancer: Married: Life partnership: Single: Number of children: _____



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Questionnaire for training benefits

Through the training I have been able to: (- measure of disagreement, + measure of agreement)

1. understand myself and other people better	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. understand the impact of my verbal and nonverbal communication	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. develop more win-win relationships	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. (if applicable) improve my relationship with my partner in life	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. (if applicable) improve the relationship with my child/children	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. further develop my professional competence	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. communicate more effectively	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. solve health problems	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. talk to my clients or customers so that they can understand me better	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. improve my job situation	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. become part of a professional community	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. have a greater sense of purpose	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. connect more strongly with my mission in life	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. initiate important life changes	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. improve the quality of my life	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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- 16. experience more freedom in my life -5 -4 -3 -2 -1 +1 +2 +3 +4 +5
- 17. integrate more mindfulness into my life -5 -4 -3 -2 -1 +1 +2 +3 +4 +5
- 18. enjoy my life more -5 -4 -3 -2 -1 +1 +2 +3 +4 +5
- 19. have fun -5 -4 -3 -2 -1 +1 +2 +3 +4 +5
- 20. find solutions for my problems -5 -4 -3 -2 -1 +1 +2 +3 +4 +5
- 21. manage my emotions better -5 -4 -3 -2 -1 +1 +2 +3 +4 +5
- 22. be more open minded -5 -4 -3 -2 -1 +1 +2 +3 +4 +5
- 23. overcome some of my limiting beliefs -5 -4 -3 -2 -1 +1 +2 +3 +4 +5
- 24. feel more motivated, inspired, energized and younger -5 -4 -3 -2 -1 +1 +2 +3 +4 +5
- 25. feel more confident -5 -4 -3 -2 -1 +1 +2 +3 +4 +5

The training exceeded my expectations	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I recommend this training to others	-5	-4	-3	-2	-1	+1	+2	+3	+4	+5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please describe any other benefits or comments here:

Thank you very much for supporting this scientific research!