

# Ovio Customer Feedback

We would really appreciate it if you could provide us with your anonymous feedback to help us to improve.

\* Required

## 1. How did you find out about this course?

Mark only one oval.

- Word of mouth
- Facebook
- Eventbrite
- Other
- Other: \_\_\_\_\_

## 2. If other, please provide details

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## 3. What did you enjoy most about the course?

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## Please rate how much you enjoyed the following aspects of the course?

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### 4. Sharing

Mark only one oval.

	1	2	3	4	5	
Hated it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Loved it

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**5. Journaling***Mark only one oval.*

	1	2	3	4	5	
Hated it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Loved it

**6. Course content***Mark only one oval.*

	1	2	3	4	5	
Hated it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Loved it

**7. Connecting with others***Mark only one oval.*

	1	2	3	4	5	
Hated it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Loved it

**8. Teaching style***Mark only one oval.*

	1	2	3	4	5	
Hated it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Loved it

**After the course, do you feel you will...****9. Manage your stress***Mark only one oval.*

- Better
- Same
- Worse

**10. Enjoy life***Mark only one oval.*

- More
- Same
- Less

**11. Relate to others***Mark only one oval.*

- Better
- Same
- Less

**12. Manage your wellness***Mark only one oval.*

- Better
- Same
- Worse

**Satisfaction****13. Overall, this course***Mark only one oval.*

- Exceeded my expectations
- Met my expectations
- Disappointed me

**Please indicate your overall satisfaction with the following:****14. Registration process (workplace participants please don't respond): \****Mark only one oval.*

	1	2	3	4	5	
Very dissatisfied	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very satisfied

**15. Venue (Workplace participants please don't respond) \****Mark only one oval.*

	1	2	3	4	5	
Very dissatisfied	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very satisfied

**16. Facilitator:***Mark only one oval.*

	1	2	3	4	5	
Very dissatisfied	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very satisfied

**17. Who was your facilitator? \***

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**18. Have you completed any other mindfulness courses before?***Mark only one oval.*

- Yes
- No

**19. If yes, please provide details**

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**20. Do you think this course offered good value for money?***Mark only one oval.*

- Yes
- No
- Other: \_\_\_\_\_

**21. Based on your experience with Ovio, how likely would you be to attend further Ovio Mindfulness training?***Mark only one oval.*

- Definitely will
- Probably will
- Might or might not
- Probably will not
- Definitely will not

**22. Based on your experience with Ovio, how likely would you be to recommend Ovio courses to others?***Mark only one oval.*

- I already have
- Highly likely
- Likely
- Not likely

**23. Is there anything else you would like to mention?**

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**Thank you for your feedback!**

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