

FY22 Disability Inclusion Training Feedback

Supporting Employees with Mental Health Challenges Taking Care of your Mental Health During Challenging Times

Number of Responses: 57

SURVEY RESPONSES

The training met my needs and expectations.

Strongly Agree/Agree **99%**

The training answered questions I had coming into the session.

Strongly Agree/Agree **98%**

The format and delivery of the content was effective.

Strongly Agree/Agree **96%**

The training content was appropriate for the audience.

Strongly Agree/Agree **100%**

The presenters were knowledgeable and engaging.

Strongly Agree/Agree **97%**

I would recommend this training to my co-workers.

Strongly Agree/Agree **99%**

I feel more confident in my ability to understand mental health.

Strongly Agree/Agree **93%**

There was enough time for questions.

Strongly Agree/Agree **90%**

COMMENTS

What other disability-related information could you benefit from learning about?

How to age healthy. Causes and prevention of Alzheimer disease.

ADHD and how it relates to remote work, isolation, anxiety and stress.

Exploring the grey areas of when it is appropriate to have these conversations with employees vs. when to involve HR.

What were the key takeaways from this session?

My company wants me to be healthy so I can be a better person and employee.

The explanations about the good relaxing effect of breathing through the mouth with a sound on the brain and the connections between stress and negative effects on the body, the production of toxic and non-toxic hormones.

Remember to get out every day. Calm is a superpower.

I had an aha! moment and realized how the continued stress, isolation from family/friends and separation from my church is impacting me and that I need to take self-care more seriously.

The eight dimensions of wellness. Never occurred to me there were so many other forms of wellness other than just mental.

What did you like best about the training?

The presenter was very knowledgeable and had a very calming voice and way of presenting which I found very helpful.

It felt personal and genuine. I appreciated the reflective questions the most. The polls were great too.

Effective tips for creating boundaries between work and life.

Everybody can relate to what was presented.

Identification of the dimensions of well-being and how to establish routines to alleviate stressors.

I loved that the training gave ways for leaders/HR to assist employees, however it also shed light that it's up to the individual to open up as well.

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MORE COMMENTS

What could be done better?

Maybe have more polls that would provide the employees with how everyone else has been doing or feeling. Since it's anonymous, people may be more apt to answer truthfully than if they were to be asked how they are doing by a colleague.

What may have helped is more focus on a couple of topics with tips on how to handle them, and then more time for questions.

What did you like least about the training?

Selfishly I would have loved it to be longer but it was excellent.

Zoom cameras were turned off - I couldn't feel safe.

I wanted to hear more about how to work through issues of mental health.

The virtual format was a bit too detached for the topic. Offering hybrid models would be beneficial.

Any additional feedback you would like to provide?

Please keep providing this support. It is so needed and truly appreciated.

Thank you for the opportunity to participate in this kind of learning. It has been so valuable to my overall mental health as well as my connection to my company.