37th Annual Educational Conference and Exposition  
Seattle, WA

GM33  Break the Cycle of Stress: Skills for Health and Peak Performance  
Speaker:  David and Karen Gamow  
Date:  Wednesday, May 07, 2008  
Time:  2:15 PM - 3:30 PM  
Attendees:  160  
Responses:  148

1. The presenter demonstrated mastery of the topic...................................... 6.91
2. The presentation was well organized...................................................... 6.87
3. The content was interesting to me......................................................... 6.84
4. My learning objectives for this course were addressed............................ 6.77
5. I gained new insight relevant to my work............................................. 6.68
6. The difficulty level of this presentation was appropriate......................... 6.80
7. The handouts appropriately supported the presentation.......................... 6.53
8. The visual aids appropriately supported the presentation......................... 6.51
9. Presenter made good use of allotted time.............................................. 6.84
10. The conference brochure described the course adequately....................... 6.79

Total conference average was:  6.05  (Out of a possible 7)  
Overall Rating:  6.75

11. Presenter and topic were excellent.................................................... 6.88

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>No Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>12. The length of the course was appropriate</td>
<td>97.3%</td>
<td>2.7%</td>
<td>1.4%</td>
</tr>
<tr>
<td>13. The facilities for this presentation were satisfactory</td>
<td>90.4%</td>
<td>9.6%</td>
<td>1.4%</td>
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<tr>
<td>14. Presentation was adequately detailed</td>
<td>99.3%</td>
<td>0.7%</td>
<td>1.4%</td>
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<tr>
<td>15. Presentation was relevant to my profession</td>
<td>99.3%</td>
<td>0.7%</td>
<td>0.7%</td>
</tr>
<tr>
<td>16. I would recommend this speaker(s) for future conferences</td>
<td>100.0%</td>
<td>0.0%</td>
<td>2.8%</td>
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</tbody>
</table>

Dear David & Karen,

Your session was one of the most highly rated! Thank you to you and David for all of your work. As such a highly rated speaker, we will definitely keep you mind for future events. Thank you again.

Pam Stong, Director of Professional Development  
Association of Legal Administrators