

Workshop Evaluation

We'd love to know what you think about Craving Change™!

Please circle your rating of each of the following questions from 1 (Not at all) to 5 (Very).
N/A means 'not applicable'.

	Not at all			Very		
How understandable was the information in Craving Change™?	1	2	3	4	5	N/A
How helpful was the information?	1	2	3	4	5	N/A
How helpful were the group discussions?	1	2	3	4	5	N/A
How effective was the facilitator(s)?	1	2	3	4	5	N/A
Were the written materials helpful?	1	2	3	4	5	N/A

Please comment on what you liked most about this program:

What information do you think will be the most helpful for you?

What should be changed about the program or done differently next time?

Would you recommend this workshop to others? Why? Why not?

Thank you!