

EVALUATION REPORT

TRAINING FOR "MASTERY OVER STRESS"

BY
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FOR
INFOTECH SERVICES PVT LTD CO

BANGALORE
SEPTEMBER 2, 2007

Total Number of Persons Trained: 21

Trainees returned a one page questionnaire (attached to this report) marking their responses to the nine suggestions made to them, on a 1 - 5 scale.

The scale:				
Strongly disagree	Disagree	Do not know	Agree	Strongly Agree
1	2	3	4	5

The total of the scores on scale for 4 and 5 means agreement with a given suggestion.

And, all 21 trainees choose 4 or 5 in response to suggestions 2, 7 and 8.

That is, suggestions 2, 7 and 8 get full marks! They are:

Suggestion 2: I FIND THE NLP TOOLS POWERFUL IN HELPING ME TO RELAX

Suggestion 7: I FOUND THE TEACHING SIMPLE AND EASY TO FOLLOW

Suggestion 8: I FOUND THE TEACHING INTERESTING

Suggestions 4, 7 and 8 got more than 50% of responses as: "Strongly Agree"!

Suggestion 4: I WILL USE THE SIMPLE MASSAGE TECHNIQUES I LEARNED IN MY DAILY LIFE TO RELAX

While 18 out of 21 appreciate the introduction they had to Zen meditation; eight believe they will practice it daily.

We may safely conclude that the training was a great success. The staff of Infotech got a valuable opportunity to learn Neuro-Linguistic Programming, get introduced to 'just sitting' in Zen, and to simple massage techniques, which the participants appreciate and enjoyed learning.

I thank the management and staff of Infotech for this unique experience of sharing my knowledge with them. Hope they all will put to good use their learning.

A detailed report with graphs follow. The figures and final comments speak for themselves.

A copy of the questionnaire is attached to the report on page six.

THANKS AND REGARDS

M. R. Arulraja
September 3, 2007



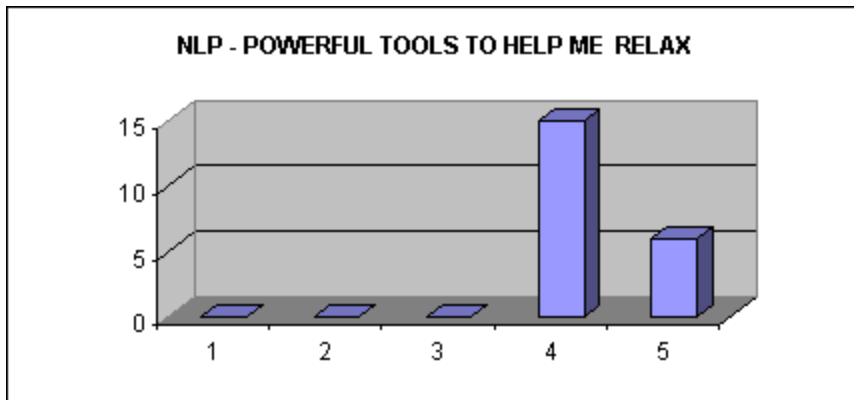
Suggestion 1: I have learnt how to be relaxed

Scale:	1	2	3	4	5
Freq:	0	0	2	14	5



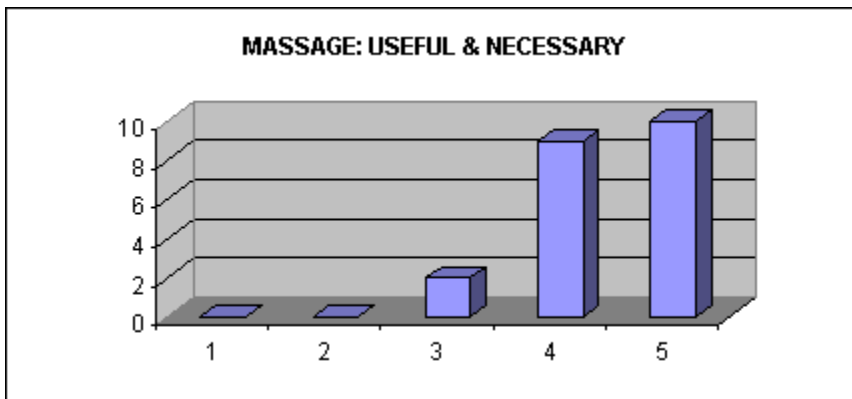
Suggestion 2: I find the NLP tools powerful in helping me to relax

Scale:	1	2	3	4	5
Freq:	0	0	0	15	6



Suggestion 3: The inputs on therapeutic massage is useful and necessary to overcome stress

Scale:	1	2	3	4	5
Freq:	0	0	2	9	10



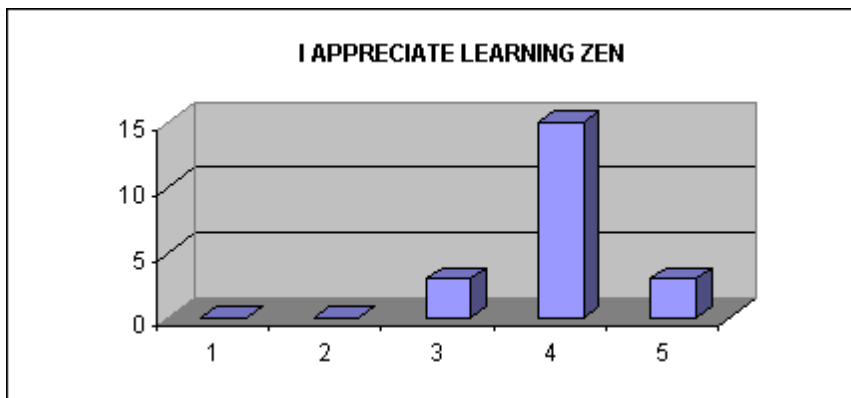
Suggestion 4: I will use the simple massage techniques I learnt in my daily life, to relax

Scale:	1	2	3	4	5
Freq:	0	0	2	9	10



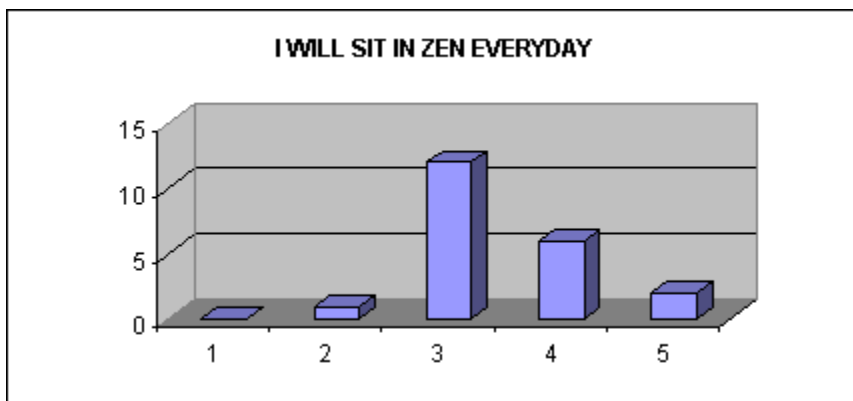
Suggestion 5: I appreciate learning to sit in Zen meditation

Scale:	1	2	3	4	5
Freq:	0	0	3	15	3



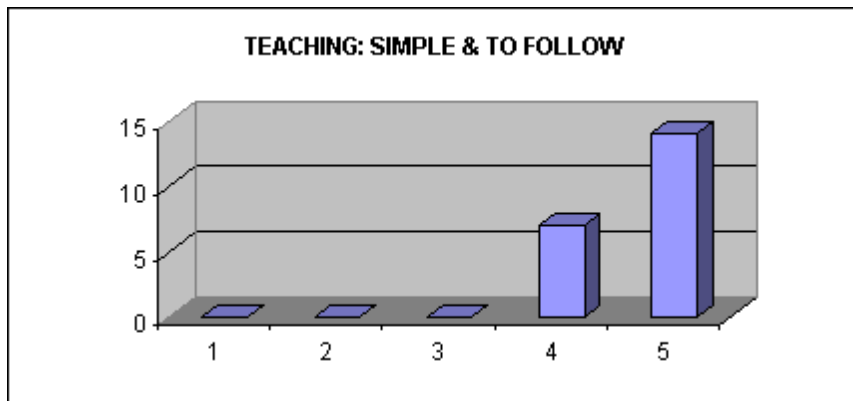
Suggestion 6: I will sit in Zen everyday

Scale:	1	2	3	4	5
Freq:	0	1	12	6	2



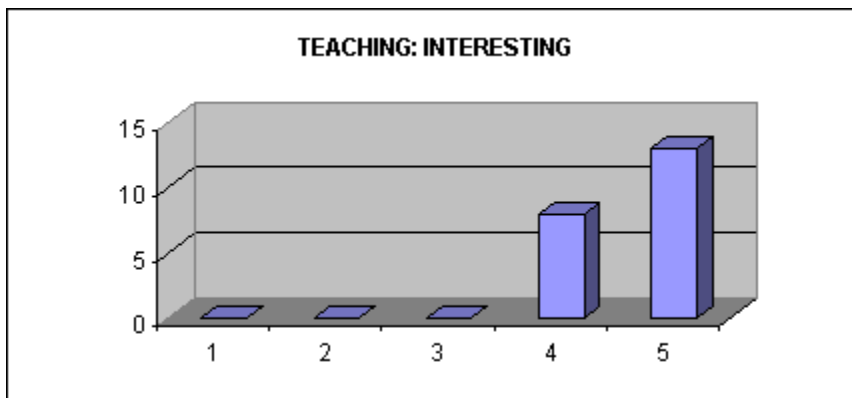
Suggestion 7: I found the teaching simple and easy to follow

Scale:	1	2	3	4	5
Freq:	0	0	0	7	14



Suggestion 8: I found the teaching interesting

Scale:	1	2	3	4	5
Freq:	0	0	0	8	13



Suggestion 9: I recommend this training to all those in BPO companies

Scale:	1	2	3	4	5
Freq:	0	0	3	8	10



Suggestion:10 MY ONE LINE COMMENT ON THE TRAINING:

1. Ms.Sarada Sundaresan, HR and Training Manager:

I find it very useful in all aspects of my life!

2. Dr. T.S.Chandrakanth:

It was really an interesting and practical session to know myself and the way to progress to achieve my goal.

OTHER STAFF:

3. Informative and very useful to overcome our daily stressful activities. – Sindhu. M.S.
4. Sir, I am very happy to attend your training. I feel its very useful. All of them should be aware of these tools to improve the quality of life. – S.Poornima
5. Very interesting; and simple massage techniques which can be followed by layman. I have learnt to relax and overcome stress. – Lakshmi. L
6. An interesting and informative session. Has given many tips on how I can manage my life better. – Lalita Iyer
7. A very useful stress buster for any common man. – Pretha. V
8. I found the training very useful. – Bina. S
9. SUPERB... MOTIVATING... HELPS IN RELAXING.... ESPECIALLY MASSAGE... ALSO ABOUT RAPPORT... – Smitha Hegele
10. You can be light or you can be a mirror which reflects that light. You're doing both Sir. Keep it up.
11. It is really nice. – Rohit
12. Training was more informative and practical – P.Vikas
13. It has helped me overcome stress and given me more information about my goals and how to handle it. – Ravi. K.S.
14. Very simple to follow, effective for a 'rich' life overall! – Sharath Kumar. K
15. I appreciate the training, most of the things we unconsciously do, but we need to realize this. Training helps in this a lot. Thanks Mr.Arulraja. – Vishal R. Govekar
16. I am sure there will be changes to my daily activities, especially the massage technique. – M.Rathan Kumar
17. It was really interesting – Shijan
18. Definitely helps in understanding the topics covered – Uday S Atwadkar
19. The program is very useful and interesting – Ashok Kumar K
20. Could have been little detailed class – sd/-
21. It was a great experience for me to know about myself and the areas where I was actually stressed with. Thank you! – Reshma Xavier. F

FOR YOUR OWN GREAT LEARNING EXPERIENCE OF GAINING MASTERY OVER STRESS, CONTACT **ARULRAJA**

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