

## Simply SANE Evaluation Summary

40 Respondents

39 Completed

47.50% of respondents reported attending the Breakfast.

55.00% reported attending the Lunch.

0.00% reported not attending a meal.

Comments regarding the meals were overwhelmingly positive with a few suggestions for additional menu items.

92.50% of respondents rated the Simply Savvy session by Ken Roesbury, The Grocery Guru as Good or Excellent.

Comments regarding the Simply Savvy session were mostly positive about the content and presentation style. Some respondents indicated there was limited value for people with restricted or special dietary needs.

80.00% of respondents rated the Simply Fun session by Brian Wilkinson and Rob Jones of the Outdoor Rec Program as Good or Excellent.

Feedback regarding the Simply Fun session was mostly positive. Some respondents commented on the length (too short, too long) of the presentation as well as the poor sound system.

80.56% of respondents rated the Simply Relaxing session by Drew Goodman of the University Bookstore as Good or Excellent.

Feedback for the Simply Relaxing session was positive especially regarding the presenter's knowledge of books. Some respondents commented that the session was too long and not representative of their taste in books.

94.12% of respondents rated the Simply Surprising session by Leslie Giles-Smith of the Tutoring Center as Good or Excellent.

Feedback regarding the Simply Surprising session was mostly positive especially for the presenter's skill/talent at presenting. A few respondents reported confusion about the purpose of this presentation.

94.87% of respondents reported that the option of ½ day workshops does accommodate their work schedule.

When asked to comment on what they found most useful about the workshops, respondents identified the following:

- Grocery guru presentation

- Meeting/networking with other SA employees

- Practicality/usefulness of workshops

- Variety of presentations

- Stress relief of attending/taking a break from work

When asked what topics they would like to see offered in the future, respondents suggested the following:

Budget management  
Diet & Exercise  
Food Prep/Cooking Light  
Feng shui  
Benefits related to working at the U  
Assertiveness/Problem Solving at Work  
The Color Code  
Info about the Campus (Pioneer Theatre, Kingsbury Hall, Red Butte, Museums)  
Make-up & Hair  
Family-oriented Workshops/Parenting  
Networking Between Departments  
Pet Psychic  
Stress Reduction