

BIRTHLIGHT ONE-TO-ONE CLASS FEEDBACK FORM

(To be completed by your participant after your last practice class)



Thank you for attending BIRTHLIGHT classes. I hope you have enjoyed the classes and that you are able to take away many useful ideas and techniques. In order to help me provide a high quality service I would be grateful if you take the time to complete this evaluation sheet. Thank you.

Did you feel the length of the class was appropriate?

What did you hope to gain from the classes?

Do you feel they met your expectations?

What are the most useful things that you have learnt?

Did the classes help you with any specific ailment or issue? e.g. Anxiety / back pain / PGP /sleep etc.

How did you usually feel at the end of the class?

Is there anything you did not enjoy?

What more would you like to see included?

Would you recommend these classes to a friend – why or why not?

Any other comments?