



yogaunlimited

Enhancing profitability

Creativity

Productivity

Manage

Focus

## Corporate Yoga: Client Assessment Form

Name \_\_\_\_\_ Company \_\_\_\_\_

Position \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

The purpose of this form is to allow us to assess the impact of our courses. Please feel free to respond openly as this greatly helps us develop and deliver ever improving services.

What were the key objectives you had in mind at the beginning of the course?

How successfully were these objectives met ?

What was the most successful aspect of the course ?

Are there any changes you would like incorporated into the course ?

Would you consider using yoga within your organisation as a means of:

(1 = Not at all, 2 = Unlikely, 3 = Possibly 4 = Interested )

Stress management [ ]

Social / Team building [ ]

Supporting and enhancing creativity [ ]

Improving fitness and flexibility [ ]

Addressing Occupational Health issues [ ]

Addressing issues of self confidence and self esteem [ ]

Would you consider holding another of our courses ?

What changes would you like to see in the course presentation, either in content or style?

Signed \_\_\_\_\_