

### **Question 1**

- People seemed to be extremely satisfied with the date and time, length of the event, location, and the speaker
- Since "usefulness of information learned" was given an average of 4/5, we should ensure the speaker has enough (and maybe even extra) relevant information before the event

### **Questions 2 and 3**

- There was a split between those who had attended a COTAPSA event previously and those who had not
- Of the people who had previously attended one of our events, the following information could be drawn:
  - o 2/3 of the people seemed very unlikely to recommend this particular session to one of their colleagues
  - o 1/3 of the people is split between attending another lunch session
  - o All of these people have a high likeliness of attending another COTAPSA event, other than the lunch session
- Of the people who had **not** previously attended one of our events, the following information could be drawn:
  - o All 3 of these people would have recommended this session to their colleagues and would be interesting in attending other COTAPSA events, including the lunch session

### **Questions 4, 5, and 6**

- Overall people were pleased with Aleks' presentation skills and were glad that he had a more hands-on presentation
- Some points of improvement would include:
  - o Having more information (quantity) in the one hour session
  - o Adding more unknown information and helpful tips (qualitative) in the session
  - o Include a question and answer period at the end of the session
  - o Trying to spread focus not only on sitting posture, but standing as well
- People seem to want a follow up session about posture that has more useful information about posture in general, not just sitting

**Question 7**

- Everyone learned something during the session, but most did not think they learned enough in the hour and were only somewhat satisfied with their overall experience

**Question 8**

- People want Aleks to come back and make another presentation

**Overall**

- We should definitely have more relevant content for the session that is not solely surrounding sitting posture
- Put more information in the presentation because people did not seem to view the hour well-spent for the amount that they learned
- Have a follow-up session with Aleks