

# Course Evaluation Form

4-25-09

## First Annual Women's Personal Safety Seminar

Presented by:

The Redlands Police Department and

The Chang Moo Kwan Street Smart Self Defense Program

Please circle one number on each line to indicate your personal evaluation of the scales below:

Valuable	(1)	2	3	4	5	Not Valuable
Easy to Understand	(1)	2	3	4	5	Difficult to Understand
Interesting	(1)	2	3	4	5	Not Interesting
Instructor Preparation	(1)	2	3	4	5	Not Prepared
Instructor Presentation Skills	(1)	2	3	4	5	Poor presentation skills
Objectives Announced	(1)	2	3	4	5	Not announced
Instructors Knowledgeable	(1)	2	3	4	5	Not Knowledgeable

\*Was this seminar helpful?

Yes

\*\* What did you like best about this seminar?

The last part showing how you would break free when someone is holding you

\*\*\*What did you like least about this seminar?

Nothing - It was great -

Comments:

Very well done!

Jean Harris