

The Five Steps of Wellness

Royal Trust

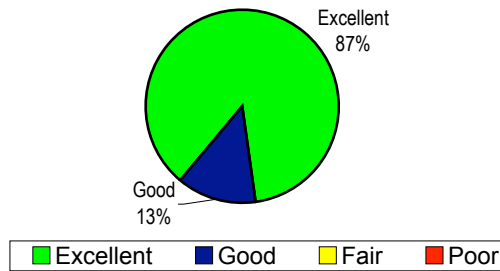
Presented by: Dr. Michael Cohen, Workplace Health Services

SUMMARY - EVALUATION BY PARTICIPANTS

GS Employee Information Session # 68

Total participants: 58
Evaluations received: 53 = 91% response rate

"Overall, the session was . . ."

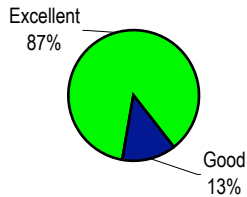


OBSERVATIONS:

- This session proved to be an effective way of taking an hour to support participants with health and wellness awareness/skills
- Provided a reality check for participants to take personal responsibility for their own wellness. 100% made the connection to usefulness in the workplace and personal productivity
- Although Dr. Cohen's sessions have always been popular in the past the message continues to be sent out across the platform by having new people attend.
- Charts and comments prove that this is a high impact session that gives the participants tools and activities they can easily use.

Session:

"I thought the content received was . . ."

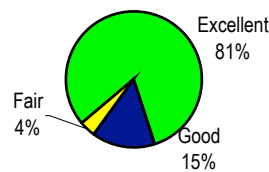


"I thought the presenter was . . ."

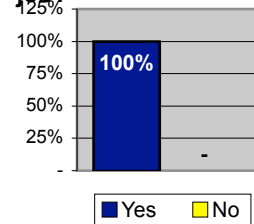


Relevance:

"Effectiveness of this session in meeting my objectives..."



"Will this information be useful on the job?"



COMMENTS

The most useful thing I learned from today's session:

- Reminder me to stretch and to get out for lunch
- Stretching and meditation (X7)
- How small changes can add such positive impact to my body. The stretching and meditation exercises were very useful
- How I can stay healthy and perform my work well. It was really very informative
- Another point of view - sometimes we do not think of the most obvious
- How to get more energy and reduce stress
This can help me help myself
- How to relax and the dangers of the work environment
- The five steps (X3)
- To learn such a simple thing like stretching and how it improves our health
- Exercises which can help to relax me during the day
- Learning to balance body & mind
- Learning to exercise my hands and arms
- Everything (X3)
- How to meditate (X2)
- Take time and take care of yourself. Balance mind over matter. Communicate
- Reiteration of things we should all know to do - stretching, breathing and meditation
- To communicate and breath well
- Knowledge, good stretching exercise
- Emotions will damage your body if you keep it to yourself
- Negative emotions are worse than cigarettes - which I will be sharing with my doctor
- That this is easily combined into your daily routine
- Knowledge of wellbeing
- That mind and body must work together
- The impact on my body
- Obtaining and achieving wellness balance in life and what you can do to achieve that wellness
- Relaxing techniques
- Having the balance between mind and body. Everything was very helpful - I will try it on myself
- That I have to take care of my body before it is too late
- The stretching exercises were great
- Learn to relax and meditate. Importance of a healthy breakfast. Importance of exercise/stretching

The Five Steps of Wellness

Royal Trust

Presented by: Dr. Michael Cohen, Workplace Health Services

SUMMARY - EVALUATION BY PARTICIPANTS

GS Employee Information Session # 68

- Move/meditate 3 times a day to improve the balance between mind and body

Ways the session could have been improved:

- More time (X7)
- A longer session. He has so much to communicate so one hour doesn't seem long enough
- Session should be a half day
- I would have enjoyed the session more if it was longer and we had more time to relax.
- Give examples of a stressful co-worker, presenter should be still and not walk back and forth
- More of these sessions. Check how we are seated at our desks and provide feedback
- It would be helpful if there was a recommended reading list on meditation

Other:

- Absolutely fabulous, I need that!
- I would love it if we could have more of these sessions
- Have similar sessions
- Very beneficial - very apt for the working environment
- Dr. Cohen is very inspirational - I think he should be invited to speak more often
- Don't change a thing - everything was great!
- Excellent speaker
- Great session (X2)
- More staff should be encouraged to attend this session

What other sessions would you like to attend?

- Planning for future sessions
- (#) of responses, top 3 in **red**)

IIS Strategy & Initiatives

- Client intimacy (2)
- Product & e-Commerce
- Global market & competition (2)
- Technology platforms (4)

IIS Products & Services

- Viewfinder® (1)
- Securities Lending
- BENCHMARK®
- Outsourcing
- CMS/QTS

Other Groups

- TM&T (2)
- RBC Investments (1)
- RBC Insurance (4)

On-The-Job/Other

- Career development (9)
- RBCnet changes (3)
- Managing stress (14)

Other

Content				Presenter				Met objectives				Overall				Useful on the job?	
Excel	Good	Fair	Poor	Excel	Good	Fair	Poor	Excel	Good	Fair	Poor	Excel	Good	Fair	Poor	Yes	No
46	7	-	-	48	5	-	-	43	8	2	-	46	7	-	-	53	-
87%	13%	-	-	91%	9%	-	-	81%	15%	4%	-	87%	13%	-	-	100%	-