

Emotional management - Pro and Post Training Evaluation Questionnaire

Please evaluate in a scale 1-5 (1=Poor 2=Fair 3=Average 4=Good 5=Very good) the following statements:

		5	4	3	2	1
1. I am aware of the most known and updated theoretical approaches regarding emotion management	Pre					
	Post					
2. I can describe at least 3 techniques to improve emotion management	Pre					
	Post					
3. I am aware of the emotions I am experiencing each time	Pre					
	Post					
4. I am able to cope with negative emotions in a constructive way	Pre					
	Post					
5. I can regulate my emotions, even the strongest ones	Pre					
	Post					

Name

E-mail

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