



Self-esteem Workshop Evaluation

Date of workshop: _____

Name of Presenter: _____

Name of Student: _____

Please answer the following questions:

1. A person with low self-esteem may be arrogant and domineering. T or F
2. It is better to strive for _____ than to try to be perfect.
3. Some common nicknames for people with low self-esteem are (circle all that apply):
 - a. perfectionist
 - b. people pleaser
 - c. name dropper
 - d. professional helper outer
4. What are the five ways of thinking irrationally that create low self-esteem?

5. Humility is degrading yourself and making others more important. T or F

Please circle your satisfaction level: Strongly Agree=SA; Agree=A; Neutral=N; Disagree=D; Strongly Disagree=SD

- | | |
|---|-------------|
| 6. Did you benefit from the information shared? | SA A N D SD |
| 7. Was the information relevant to the topic of the workshop? | SA A N D SD |
| 8. Was the length of the workshop satisfactory? | SA A N D SD |
| 9. Was the location of the workshop satisfactory? | SA A N D SD |
| 10. Was the presenter knowledgeable about the topic? | SA A N D SD |

Please share any comments or constructive criticism you may have:
