

**EVALUATION FORM**  
**Bite Size Wellness Module**

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\*required completion

**\*Check appropriate module:**

- Better Team Health Through Difficult Conversations
- Cultivating Positivity
- Strategic Micro-Recovery
- Stress, It's Your Superpower
- The Lost Art of Sleep
- The Power of the Pause

**\*Facility:** \_\_\_\_\_  
*(please print legibly)*

**\*First Name:** \_\_\_\_\_

**\*Last Name:** \_\_\_\_\_

**\*Program Rating:**

- Excellent
- Very Good
- Average
- Fair
- Poor

**\*What is the likelihood that you will implement any strategies presented in this recording?**

- Very High
- High
- Moderate
- Low
- Very Low

**Comments:** *(optional)*

Send completed evaluation forms to:  
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