

## Report Details

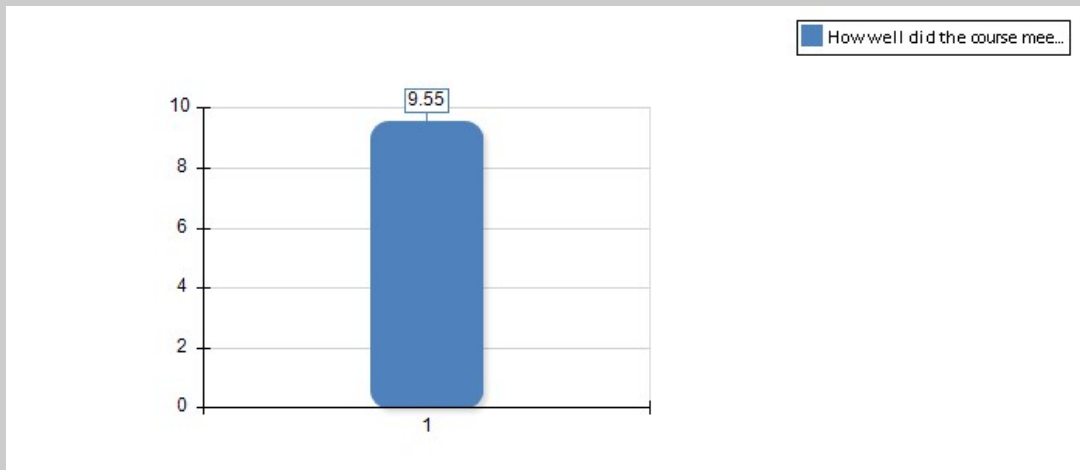
|                         |   |
|-------------------------|---|
| Report Title            | National Bank of Kuwait - Mind Mapping & Brain Training 5-6 December 2016 |
| Training Area:          | Learn, Absorb, Understand   |
| Course / Session Title: | Mind Mapping & Brain Training   |
| Training Method:        | Classroom-Based   |
| Training Provider:      | Illumine Training   |
| Trainer(s):             | Jennifer Goddard  |
| Venue:                  | Kuwait  |
| From:                   | 05/12/2016  |
| To:                     | 06/12/2016  |
| Client:                 | National Bank of Kuwait   |
| No. of Participants:    | 11  |

### 1. What were your objectives in attending this course?

1. The objectives of attending this course is to learn more about Mind training and how to use your brain in ways you never did before.
2. To improve myself.To be a decision make.
3. Help me to thinking and learning how to understand people.
4. The name of the course grabbed my attention as I usually look for courses that enhance my personal knowledge and development.
5. Help me organize my thought process. Understand how to plan through a project at hand from start to finish.
6. To learn something new, strategies, tips. Shedding light on some information I might not have known before.
7. The Brain Mapping and Mind Training.  
To improve myself and how I can make a good mapping, action planning.
8. Increasing the trust.  
How to understand people quickly and what they want.  
How to focus on the important things.
9. Obtaining knowledge that I may be lacking which could prove useful in both professional and personal life.
10. My objective is to improve my skills involving reading, analyzing, and time/info management.
11. Better reading skills.  
Mind/Brain control.

Respondents: 11

## 2. How well did the course meet your objectives?(1 = Low, 10 = High)



|   |        |           |        |            |            | Response Total | Response Average |
|---|--------|-----------|--------|------------|------------|----------------|------------------|
|   | 1      | 2         | 3      | 4          | 5          |                |                  |
| How well did the course meet your objectives? | 0% (0) | 0% (0)    | 0% (0) | 0% (0)     | 0% (0)     |                |                  |
|   | 6      | 7         | 8      | 9          | 10         |                |                  |
|   | 0% (0) | 9.09% (1) | 0% (0) | 18.18% (2) | 72.73% (8) | 11             | 9.55             |
|   |        |           |        |            |            | Respondents:   | 11               |

## 3. What are the strengths of this course?

1. Strengths of this course is that it helps you organize your thoughts and to read faster.

2. Everything.

3. It gives us the right techniques to boost our memory and mind mapping. The instructor is really amazing and delivers the info in such a fun way.

4. Unleashes my potential with respect to work strategy. Helps me break down my thought process to better understand how to work more systematically.

5. Strengths would definitely be the Mind Mapping techniques that were explained in detail.

6. Mind Maps, strategies, action planning, and brain training.

7. Creative Thinking.  
How to summarise the things.

8. Empirical and technical exercises.  
Stimulates the mind.

9. Very effective.

10. Everything from A to Z.

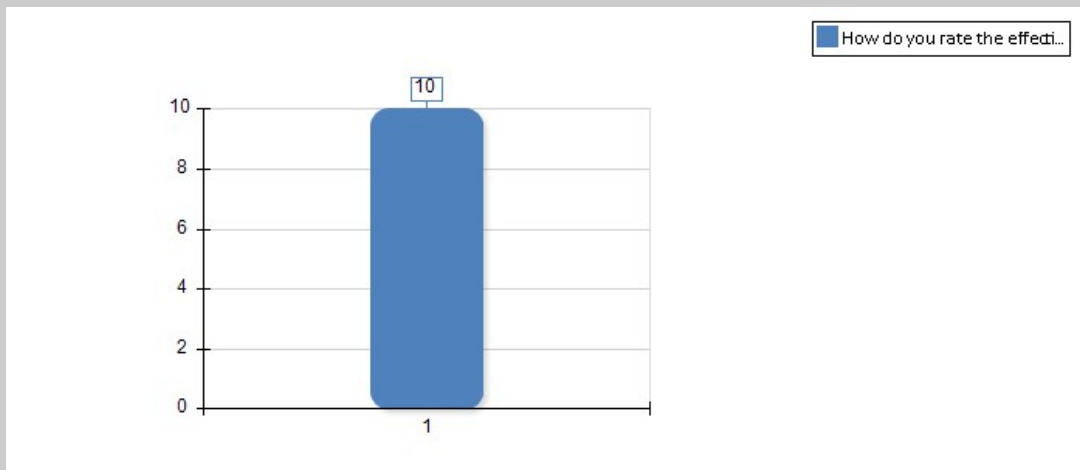
Respondents: 10

#### 4. What could be improved on this course?

1. Weakness is that it ends quickly and I would like it better if there was presentations to see how we are using Mind Maps.
2. Nothing.
3. No weaknesses, only progressive information was shared throughout the course.
4. Nothing.
5. None
6. None.

Respondents: 6

#### 5. How do you rate the effectiveness of the tutor? (1 = Low, 10 = High)



|   | 1      | 2      | 3      | 4      | 5      | 6      | 7      | 8      | 9      | 10        | Response Total | Response Average |
|---|--------|--------|--------|--------|--------|--------|--------|--------|--------|-----------|----------------|------------------|
| How do you rate the effectiveness of the tutor? | 0% (0) | 0% (0) | 0% (0) | 0% (0) | 0% (0) | 0% (0) | 0% (0) | 0% (0) | 0% (0) | 100% (11) | 11             | 10               |

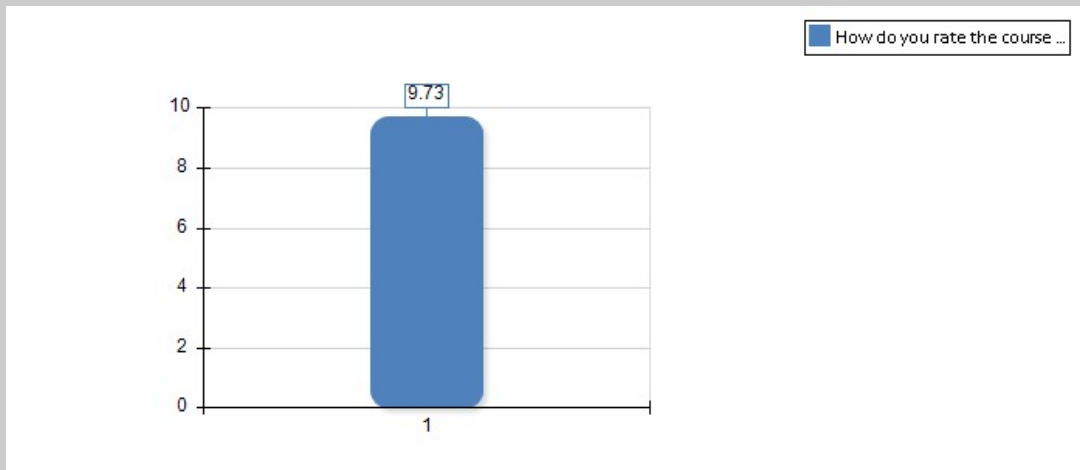
Respondents: 11

#### 6. Please add any comments you would like to make about the effectiveness of the tutor:

1. Excellent.
2. I enjoyed the course, very helpful.

Respondents: 2

**7. How do you rate the course overall? (1 = Low, 10 = High)**



|                                     |        |        |        |            |            | Response Total | Response Average |
|-------------------------------------|--------|--------|--------|------------|------------|----------------|------------------|
|                                     | 1      | 2      | 3      | 4          | 5          |                |                  |
| How do you rate the course overall? | 0% (0) | 0% (0) | 0% (0) | 0% (0)     | 0% (0)     |                |                  |
|                                     | 6      | 7      | 8      | 9          | 10         |                |                  |
|                                     | 0% (0) | 0% (0) | 0% (0) | 27.27% (3) | 72.73% (8) | 11             | 9.73             |
| <b>Respondents:</b>                 |        |        |        |            |            | <b>11</b>      |                  |

**8. Please add any additional comments about the course:**

1. Great course.

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2. Thank you.

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3. I enjoyed the course. It's different and exciting. The methods used are effective and keep you on your toes.

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4. Keep up the good work!

**Respondents: 4**

**9. If you would like us to send details of this course - or other courses that we run - to other people who may be interested, please enter their name, email address and any other details you feel may be useful. PLEASE SCROLL DOWN AND CLICK ON 'DONE' WHEN COMPLETE. Many thanks.**

[No Answer Entered]

**Respondents: 0**