*Mindfulness Meditation Teacher Certification Program*

*Class of 2021*

**Evaluation Form**

Please complete the following teaching evaluation form to assist me in my learning and growth as a mindfulness meditation teacher.

1. What about my teaching style was especially helpful or worked well for you?
2. What about my teaching style was not helpful or did not work well for you?
3. Did you feel welcomed and included?
4. Did you feel the class was well balanced in the amount of time spent on teachings, question-and-answer time, and practice? If not, what would you have liked more of? Less of?
5. Did I seem prepared and well organized?
6. Were my teachings and guidance clear, understandable, and easy to follow? If not, what topics, language, or instructions were not clear?
7. Did I seem present, connected, and responsive?
8. What do you wish I had done differently? Please be specific as to what you feel would have been more effective.