



# W·I·S·E

Workforce Integration Support and Education

a program of NorCal MHA

1908 O Street

Sacramento, CA 95811

P. 916.366.4600 | F. 916.855.5448

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## W·I·S·E MANAGING UP PRE/POST-SURVEY

The primary goal of pre- and post-training surveys are to assess the efficacy of the training information, materials, and delivery skills of the trainer and to determine where changes in the educational model are necessary to improve the program.

### TRAINING INFORMATION

Date of Training: \_\_\_\_\_ Location: \_\_\_\_\_

Instructor(s): \_\_\_\_\_

Your Agency: \_\_\_\_\_ Your Job Title: \_\_\_\_\_

Your Name (optional): \_\_\_\_\_ Your Email (optional): \_\_\_\_\_

How did you find out about this training? \_\_\_\_\_

### TRAINING PRE-SURVEY

1. Managing up is about finding ways to manipulate your boss to get what you want at work.  
TRUE                  FALSE                  I DON'T KNOW
2. Working supports recovery because it provides a way for getting personal needs met.  
TRUE                  FALSE                  I DON'T KNOW
3. When telling someone about your feelings, it is important for you to emphasize the other person's responsibility for making you feel that way.  
TRUE                  FALSE                  I DON'T KNOW
4. Recognizing your boss's feelings and needs can help you build a better relationship with them.  
TRUE                  FALSE                  I DON'T KNOW
5. If someone knows you well, they should already know what to do to meet your personal needs.  
TRUE                  FALSE                  I DON'T KNOW

W·I·S·E is a program of NorCal MHA funded by the California Mental Health Services Act (Prop 63) and administered by the Office of Statewide Health Planning and Development (OSHPD)



WELLNESS • RECOVERY • RESILIENCE





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## TRAINING POST-SURVEY

- Managing up is about finding ways to manipulate your boss to get what you want at work.  
TRUE                  FALSE                  I DON'T KNOW
- Working supports recovery because it provides a way for getting personal needs met.  
TRUE                  FALSE                  I DON'T KNOW
- When telling someone about your feelings, it is important for you to emphasize the other person's responsibility for making you feel that way.  
TRUE                  FALSE                  I DON'T KNOW
- Recognizing your boss's feelings and needs can help you build a better relationship with them.  
TRUE                  FALSE                  I DON'T KNOW
- If someone knows you well, they should already know what to do to meet your personal needs.  
TRUE                  FALSE                  I DON'T KNOW

## TRAINING EVALUATION



Strongly Disagree

Neutral

Strongly Agree

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1. The trainers appeared well organized and prepared.            | 1 | 2 | 3 | 4 | 5 |
| 2. A clear understanding of the course content was demonstrated. | 1 | 2 | 3 | 4 | 5 |
| 3. The trainers were responsive to the participants.             | 1 | 2 | 3 | 4 | 5 |
| 4. The content was relevant to my work.                          | 1 | 2 | 3 | 4 | 5 |
| 5. I would recommend this training to my co-workers.             | 1 | 2 | 3 | 4 | 5 |

### Additional Comments

Strengths of the training, including the instructors:

Do you have any suggestions for improving this training?

What is something that you learned in this training that you did not know before?

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