



## 2018 ATA Malaysia Trainer Forum Participant Feedback Report

- **Out of 16 attendees, we received evaluation responses from 8:**
  - 1 applicant, 1 Intern, 4 Associates, 1 Professional, 1 Leads, and X other
- **What was your favorite part of the Forum? Below is a summarized list of responses:**
  - Connecting with peers in large
  - Small groups discussion, which allow participants to open up more intimately with one another
  - Sangat/ community, networking, meeting new and old friends
  - Self-reflection
- **What was your least favorite part of the Forum? Below is a summarized list of responses:**
  - Not enough time
  - No group Sadhana
  - “Most things we talked and shred were past concerns...”
- **What would you like to see improved? Below is a summarized list of responses:**
  - More focus on practicalities after talking through issues/ topics
  - Someway to keep conversation going and informed throughout different global communities
  - No phones in practice room
  - Morning Sadhana; no meditation during Forum and use time for discussion
  - If regional Forum is every two years then consider extending to 2 – 2.5 days; every year sub-division group meetings can be 1 – 1.5 days.
- **What topics would you like to discuss at future Forums? Below is a summarized list of responses:**
  - Action plans to carry back to home communities
  - What’s working and what’s not
  - Network where we can check in
  - Professional Development and Level Three in Asia
  - How do we adapt our lifestyle to our family life?
  - Curriculum and new teaching methods for Teacher Training
  - Hear best practices from local trainers and encourage impromptu workshops on how to teach challenging curriculum
- **Of X responses, on a scale of 1 (poor) to 7 (extraordinary), participants rated their experience as follows:**
  - 2 participant gave a 7
  - 4 participants gave a 6
  - 2 participants gave a 5
- **Additional Comments:**

- “Most KRI or yogic events are a great uplifting experience. What's missing is how to keep the momentum and connection in a real way post event... To me this is about sadhana. Monthly online zoom sadhana circulating location? How to smooth out timezones?”
- “The particular strength of this KL forum was the small size. This created more intimacy and safety within the group, and everyone seemed to have the space and comfort to share.”
- “The presence of Amrit and Hari Charn was important and appreciated in welcoming something new. Sometimes groups get stuck and too familiar in their own routines... New energy, a fresh perspective is often helpful to get things moving... And helps us feel supported and connected to the global community.”
- “As this was targeted to trainers... I wonder if it could be fun to challenge us more... to have to facilitate and train each other 'on the spot' in fun ways... But do it together... Having an experience to work closer with people we normally would not relate to... Getting us out of our comfort zones... Getting us 'comfortable in the uncomfortable'... But in a loving kind way... Together... Example - the quick bhanga session was great... How about a 20 min art activity... 15 minute drumming... 10 minute story time... 15 minutes yogi tea making demo... Allow trainers to share their gifts and talents...”
- “Thanks to the organizer and for the Malaysian sangat for hosting a successful forum and for Hari Charn & Amrit to take the time to be with us. Let's do this regularly and perhaps at different locations/countries in South East Asia.”
- “Decide of a Best teaching practice subject, send it in advance so that we can prepare our questions, issues, creative ideas, etc....”