

Mid-Training Pulse Check

Your input today makes the rest of this training better for *you*. Take 2 minutes to share what's working and what's not—so we can adjust and help you get the most out of it.

Welcome

Shape the rest of your training based on real-time feedback

Pinpoint what's working and what needs adjustment now

Ensure the content directly applies to your daily work challenges

Questions

1. How would you rate the pace of the training so far?

[multiple choice (select one)]

-)• Too slow
-)• About right
-)• Too fast

* Required

2. How confident do you feel in your understanding of the material covered so far?

[rating]

Scale: 1 - 5

* Required

3. Which training components are most helpful for your learning?

[checkbox (select multiple)]

-)• Presentations / lectures
-)• Group discussions
-)• Hands-on activities / practice
-)• Case studies / scenarios
-)• Slides, handouts, or reference materials

4. How engaged do you feel during the sessions so far?

[rating]

Scale: 1 - 5

* Required

5. What is one thing the trainer could change right now to improve your learning experience?

[textarea]

6. Do you feel comfortable asking questions or speaking up during the training?

[multiple choice (select one)]

-)• Yes, often
-)• Sometimes
-)• Rarely
-)• No

* Required

7. How satisfied are you with the opportunities to practice or apply the concepts during the session?

[rating]

Scale: 1 - 5

8. How well do the examples and scenarios reflect your real work situation?

[rating]

Scale: 1 - 5

9. Is there any topic covered so far that you feel needs to be revisited or clarified?

[textarea]

10. Do you have any suggestions to improve the remaining sessions (format, interaction, pacing, tools)?

[textarea]

Thank You

Thank you for taking the time to share your honest reflections on this training—your thoughts on pacing, engagement, and real-world relevance are exactly what we need to make these sessions *work for you*. Your feedback doesn't just land in a spreadsheet; it shapes tomorrow's session, so we can adjust, clarify, and meet you where you're at. You're not just learning—you're helping us teach better. That's how growth happens.