

Mid-Training Pulse Check

Questions

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

- ☐ Too slow
- ☐ About right
- ☐ Too fast

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

- ☐ 0
Disagree
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
Agree

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

- ☐ 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? *

- ☐ 0
Disagree
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
Agree

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

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

- ☐ Yes, often
- ☐ Sometimes
- ☐ Rarely
- ☐ No

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

- ☐ 0
Disagree
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
Agree

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

- ☐ 0
Disagree
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
Agree

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

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

Thank You