

ATTENDANCE SHEET/Quiz – Annual Required Health/Safety Training

Meeting / Training: Workplace Positivity – Self-Care and Kindness

Trainer: Nicole J. Phillips Unit: _____ Date: _____

Training Hours: 5 hrs Location: _____

- 1) Sign Attendance Form (OK to do as a large group at a site)
- 2) Watch:
 - a. Workplace Positivity – Video 1
 - b. Workplace Positivity – Video 2
 - c. Workplace Positivity – Video 3
 - d. Workplace Positivity – Video 4
 - e. Workplace Positivity – Video 5
 - f. Workplace Positivity – Video 6
 - g. Workplace Positivity – Video 7
 - h. Workplace Positivity – Video 8
- 3) Answer/Circle Quiz Answers
- 4) Send signed attendance to main office for entering in training records

Attendance:

Name:

Position: (parent, former parent, staff, trainer, community rep., etc)

(PLEASE PRINT NAME)

_____	_____
_____	_____
_____	_____
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- 1) **How many years ago did Nicole’s perspective change?**
- 2) **What did Nicole’s mom think was a miracle?**
- 3) **T F Nicole’s daughter is a sophomore in high school.**
- 4) **What are the 7 misconceptions about kindness?**
 - 1 _____
 - 2 _____
 - 3 _____
 - 4 _____
 - 5 _____
 - 6 _____
 - 7 _____

- 5) *What kind of care does Nicole drive?*
- 6) *How many feel good chemicals are released into the body during an act of kindness? What are the chemicals?*
- 7) *Say _____ guilt free.*
- 8) *What does it say on the cards Nicole gave out at in-service?*