



PACT · POWER OF ATTENTION AND CONCENTRATION TRAINING

Post Training *Impact Assessment*

Now that you have had time to apply PACT at work, we would like to understand how you are using it, the impact it has created, and what gets in the way. Your honest answers help us strengthen future sessions and support you better.

Takes about 6 minutes. Individual responses stay confidential; results are reported in aggregate only.

ABOUT YOU

Your name · Optional

Organisation

Team / function

Month you attended PACT · e.g. September 2026

☐ Choose one ☐ Select all that apply Click any box to fill it in on screen.

01 Implementation

How far PACT has travelled from the session into your work

Q01 To what extent have you implemented PACT learnings in your daily work? Choose one

- ☐ Fully implemented, consistently ☐ Implemented in most situations
☐ Implemented occasionally ☐ Tried, but not sustained
☐ Not implemented

Q02 Which of these PACT practices have you actively applied? Select all that apply

- ☐ Single tasking (avoiding multitasking) ☐ Self checking before submission
☐ Using checklists ☐ Working at optimum speed (not rushing)
☐ Structured work habits / planning ☐ Reducing distractions (especially digital)
☐ Other:

02 Focus & accuracy habits

The everyday habits behind getting it right first time

Q03 How often do you consciously avoid multitasking? Choose one

- ☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never



02 Focus & accuracy habits *continued*

Q04 When you complete a task, how often do you recheck your work before submitting it?

Choose one

- ☐ Always ☐ Most of the time ☐ Sometimes
☐ Rarely ☐ Never

Q05 Which best describes your current approach to speed versus quality? Choose one

- ☐ I prioritise quality, even if it takes more time ☐ I balance speed and quality consciously
☐ I tend to rush to finish quickly ☐ It depends on deadlines
☐ I haven't changed my approach

Q06 How organised are you now in your daily work? Choose one

- ☐ Highly structured, with clear planning ☐ Moderately organised
☐ Somewhat organised ☐ Mostly reactive
☐ Not organised

Q07 How often do you use checklists or structured processes? Choose one

- ☐ Always ☐ Frequently ☐ Occasionally ☐ Rarely ☐ Never

03 Impact

What has changed since PACT

Q08 Compared with before the training, your error rate has: Choose one

- ☐ Reduced significantly ☐ Reduced slightly ☐ Not changed
☐ Increased ☐ Not sure

Q09 Compared with before PACT, how has each of these changed for you? One per row

	Much better	Better	No change	Worse
Focus and concentration	☐	☐	☐	☐
Accuracy (fewer errors)	☐	☐	☐	☐
Productivity	☐	☐	☐	☐
Quality of work	☐	☐	☐	☐
Calm under pressure	☐	☐	☐	☐



03 Impact *continued*

Q10 Roughly how much time do PACT techniques save you in a typical week (less rework, fewer corrections)? Choose one

- ☐ None yet ☐ Under 1 hour ☐ 1 to 2 hours
☐ 2 to 4 hours ☐ More than 4 hours

Q11 Has your manager or team noticed a difference in your work? Choose one

- ☐ Yes, clearly ☐ Somewhat ☐ Not yet ☐ Not sure

04 Distractions

What pulls your attention away, and how well you hold it

Q12 What are your biggest sources of distraction today? Select all that apply

- ☐ Emails / notifications ☐ Mobile phone / social media
☐ Meetings ☐ Multitasking expectations
☐ Work from home environment ☐ Internal thoughts / stress
☐ Other:

Q13 How effectively are you able to manage distractions since PACT? Choose one

- ☐ Very effectively ☐ Effectively ☐ Moderately
☐ Poorly ☐ Not at all

05 Challenges & support

What gets in the way, and what would help

Q14 What challenges are you facing in implementing PACT? Select all that apply

- ☐ Lack of time / workload pressure ☐ Habit of multitasking
☐ Organisational culture (urgency, interruptions) ☐ Lack of support from team / manager
☐ Difficulty building new habits ☐ Forgetting to apply the concepts
☐ Not seeing immediate benefits
☐ Other:

Q15 What is the single biggest barrier for you?



05 Challenges & support *continued*

Q16 Where do you need more support? Select all that apply

- | | |
|--|--|
| ☐ Building habits / consistency | ☐ Managing distractions |
| ☐ Time / stress management | ☐ Team level implementation |
| ☐ Other: <input type="text"/> | |

Q17 What would help you sustain PACT practices? Select all that apply

- | | |
|--|---|
| ☐ Regular reminders / nudges | ☐ Manager reinforcement |
| ☐ Peer accountability | ☐ Advanced sessions / refresher training |
| ☐ Real work case studies | ☐ Measuring / tracking errors |
| ☐ Other: <input type="text"/> | |

06 Reflection

Your experience, in your words

Q18 Which one PACT habit has created the most impact for you, and how?

Q19 How likely are you to recommend PACT to a colleague? Choose one

- | | | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all likely | | | | | Extremely likely | | | | | |

Q20 May we quote your comments in PACT materials? Choose one

- | | |
|--|--|
| ☐ Yes, with my name and organisation | ☐ Yes, anonymously |
| ☐ No | |

THANK YOU

Thank you for your time and attention. Every answer shapes how we help teams build a culture of excellence.