



DALE CARNEGIE®  
TRAINING

*Final Results Package*

*For*

*Teen Program*  
*Graduated July 2008*

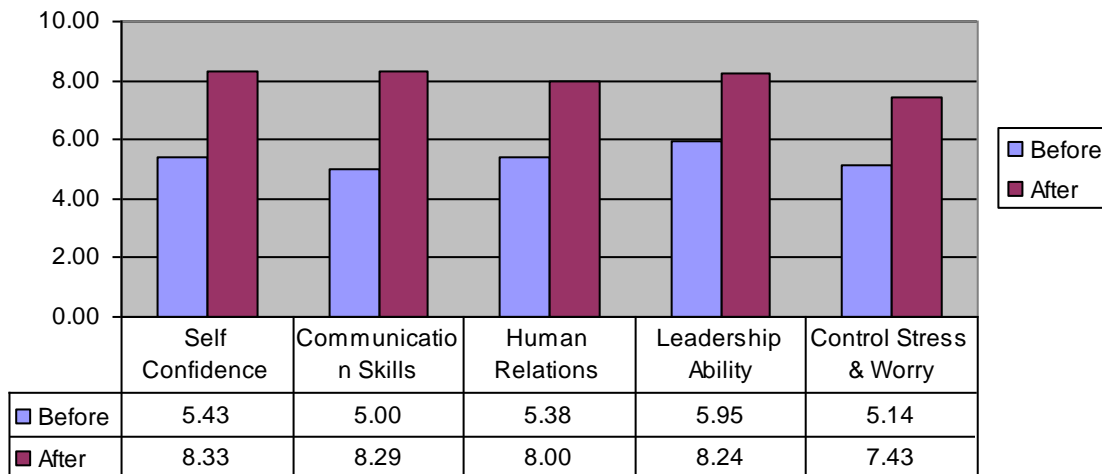
# Final Assessment

*Not Anonymous – Conducted July, 2008*

## **Participants rated themselves in the following categories**

(On a scale of 1-10, with 10 being the highest):

	<b>Before</b>	<b>After</b>	<b>% of Increase</b>
<b>Self Confidence</b>	5.43	8.33	53.51%
<b>Communication Skills</b>	5.00	8.29	65.71%
<b>Human Relations Skills</b>	5.38	8.00	48.67%
<b>Leadership Ability</b>	5.95	8.24	38.40%
<b>Control Stress &amp; Worry</b>	5.14	7.43	44.44%



### What do you consider to be the major benefit of having participated in this program?

- I consider the increase in self-confidence to be a major benefit of having participated in this program.
- Learning principles in strengthening relationships was the most important to me.
- The strides I made in public speaking.
- Learning how to disagree agreeably!!!
- Allowing me to have a more positive outlook, communicate better and just have more confidence.
- Bettering our communication skills and controlling stress.
- All of the great skills I learned that will help me later in life.
- Becoming a better public speaker and conversationalist.
- I definitely find that I have much more confidence in myself and am able to speak to people I don't know that well with ease.
- Public speaking skills.
- Public speaking
- Speaking (making speeches), self-confidence, comfort zone.

- Increased self-confidence.
- I am a much better public speaker. I am much more confident.
- I grew in most areas and I can take this with me throughout my life.
- The public speaking forced me to face my fears.
- I benefited from this course by becoming able to enhance skills in communication with new people.
- Getting better at public speaking.
- Higher confidence and helped me face my fears.
- I am now comfortable with public speaking and I have greatly expanded my comfort zone.
- Gained self-confidence.

What did you like about the training?

- It was fun and supportive.
- It was helpful to my present and future.
- It was fun and I learned so much.
- Good life lessons.
- Fun activities
- It was fun.
- Brought us out of our comfort zones quickly and efficiently. Very enthusiastic.
- Helped me with my confidence.
- It was very involved and enthusiastic and helpful.
- Great trainers.
- It was very fun and the people were very nice.
- Everything.
- It was fun and interactive.
- We had a lot of fun with all of the activities.
- It was clear and in a way I could understand key points.
- It was done in a very supportive manner.
- Helped face fears and expanded comfort zone.
- Good environment.

What would you change about the training?

- Make it a week.
- Nothing
- Make it longer.
- Shorter days.
- It was too long.
- Shorter hours.
- More time for games/practicing principles.
- Better food. Too healthy and not a wide enough variety.
- Nothing.
- Nothing!

- Classes were too long.
- Nothing, I loved it.
- Nothing
- Nothing!
- Nothing
- Nothing
- Nothing
- Nothing
- More time.
- Make the hours of the class shorter.

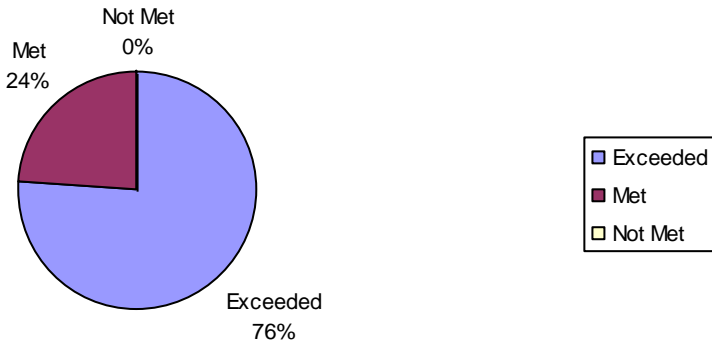
Additional Comments:

- It was fun!
- Thanks!!!
- I have made so many great friendships. I want to thank all of you for what you have done. It has changed my life.
- Great program and instructors!
- The trainers were awesome and so enthusiastic.
- I think this program changed my life for the better and I couldn't appreciate it more!
- People were great.
- Thank you. I enjoyed this so much more than I thought I would, and I was very excited for this.
- I appreciate everything it has done for me.
- This made life accomplishments and goals clearer to me!
- Lazer tag was fun.
- It was fun.
- Superfang. This camp rocked.
- I believe it received higher confidence and greater comfort in unfamiliar situations.
- Great value.
- It changed my life.
- I will be better communicating with people.
- It meant a great deal of value to me.

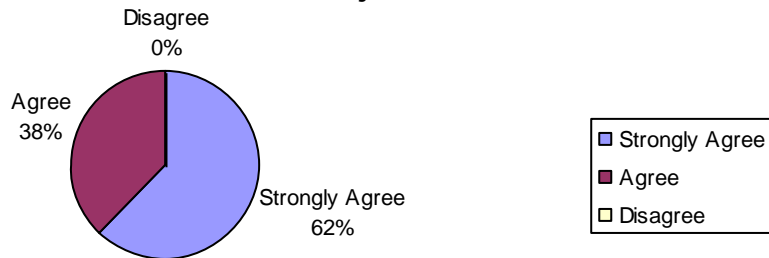
# Level I Training Assessment

Anonymous Survey Conducted July, 2008

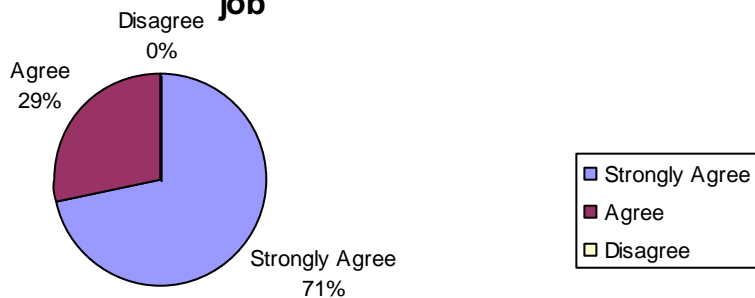
## The Extent to Which This Training Met Expectations



## This program increased my capability to perform my current or future job



## I intend to apply what I learned in this training in my job



## CHALLENGES

- Time management
- Peer pressure
- Meaning of life
- School
- Homework
- Sports – time/pressure
- Friends – drama
- Parents – Don't listen/lack of understanding
- High expectations
- Unrealistic
- Money

## EXPECTATIONS

- Positive attitude
- Outgoing communication
- Speaking in front of a group
- Leadership skills
- New friends
- Manage stress
- Confidence
- Participate
- Fun!

# Parent & Guest Responses

## Did you enjoy the experience?

- Yes
- Yes
- Yes
- Yes
- Yes
- Yes
- Yes
- Very much
- Yes
- Yes
- Yes, thanks for the ride!
- Yes
- Yes
- Yes! Very much!
- Yes
- Yes
- Yes

## What did you like best?

- That all of the young adults were able to stand up front and speak.
- Exhibition of enthusiasm and confidence.
- Learning how much all the kids grew.
- Seeing the kids speak.
- Taking in what the students learned.
- Learning about how good the teens felt after three days. Each one feels more confident.
- Seeing all the teens stand up and talk.
- Seeing the progress in my child.
- Testimonials
- She loved it!
- The light-hearted optimistic teenagers. The location is great for the age group – maybe for any age group.
- Seeing kids speak with more confidence than when they started.
- Enthusiasm of instructors. Confidence building to students and support. Class held in “fun” setting. Also liked that class was held 3 consecutive days.
- Hearing Alyson’s excitement each night after the class. That they all felt proud of themselves for accomplishing something.
- Listening to kids and especially also instructor intros.
- How each person talked of what they are taking away with this course.
- The respect that came from each – both for themselves and each other.

What did you like least?

- The unknowing of waiting.
- Nothing
- Too short
- The snacks
- A little long
- Nothing. It was great!
- There wasn't anything. It was all positive.

What has been the most significant improvement that you have observed in your child?

- Have not had ample opportunity to assess yet.
- Prepared to perform.
- He really seemed to enjoy the class.
- They have improved their confidence and skills in communicating with others.
- Memorizing sequence of things.
- How to disagree agreeably.
- Her willingness to get up early to get to class without complaining and come home enthusiastic about DALE!
- Positive attitude
- Self-confidence.
- My daughter was PETRIFIED of speaking in front of a group. She avoided any projects or classes at school for that reason. After 3 day teen course at Dale Carnegie she now says "I learned I'm a pretty good speaker. I can do it!" That alone was worth it!
- She actually listened to me in conversation. Took off the iPod earphones.
- More self-confidence in peer interactions.
- Longer conversations. Will help rest of life. I believe an asset to her future.
- Her positive enthusiasm!
- He has been more talkative. She has also improved – is listening better. She and I have "reconnected" our relationship.
- He – self-confidence. She – agree to disagree.
- Still pretty confident but probably more in tune with the parent's side of things.