



DALE CARNEGIE®
TRAINING

Final Results Package

For

Teen Program
Graduated August 2012

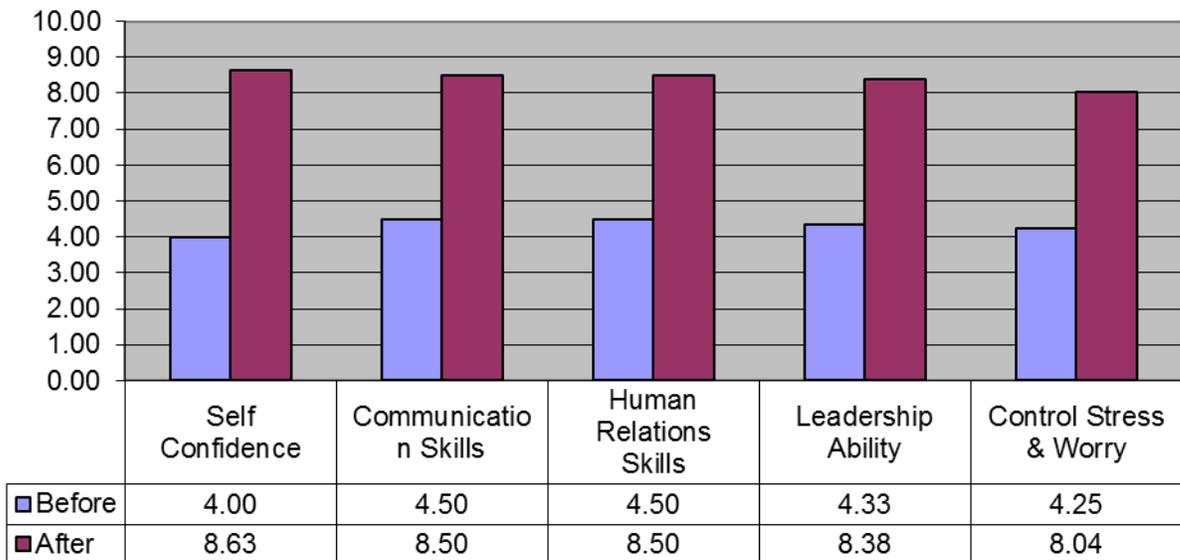
Final Assessment

Not Anonymous – Conducted August 2012

Participants rated themselves in the following categories

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

	Before	After	% of Increase
Self Confidence	4.00	8.63	115.63%
Communication Skills	4.50	8.50	88.89%
Human Relations Skills	4.50	8.50	88.89%
Leadership Ability	4.33	8.38	93.27%
Control Stress & Worry	4.25	8.04	89.22%



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

- One major benefit of participating in this program was that now I have the confidence and drive to public speak without worrying.
- I have more confidence and have been able to open up more while talking in front of other people.
- Building the necessary skills to win friends and influence others.
- The major benefit in participating in this program is gaining self-confidence and learning to better control stress.
- Being able to speak better in front of a crowd.
- Gaining self confidence
- I have gained a lot of self-confidence and I don't second guess myself and believe that I can do anything.
- Learning new techniques to employ in relation to the above qualities.
- A gain in self-confidence and motivation.
- Fear of talking in front of people conquered.
- I think the major benefit of this training was getting better at speaking in front of a group and being able to volunteer and go first.
- It has given me insight into the tools that are necessary for success in all professions. I have never had access to this kind of training before and I will continue to pursue it because I see its value.

How will this program help you achieve your future goals?

- This program will help me achieve my future goals by improving my communication skills.
- It gave me the self-confidence to be a go getter and get out of my comfort zone.
- Confidence builder
- This will help me to achieve my goals because I will be confident in my decisions.
- It will help me be more sociable.
- I can be proactive and goal oriented.
- I believe that I can achieve all of my future goals because I am much more confident.
- Self-assurance that I possess the tools to do what I need in order to excel in a given situation.
- By being more persistent at pursuing my dreams.
- I will be able to connect easier with others.
- This will help me with college interviews and participating in class which will result in higher grades and acceptance to Columbia.
- If I keep at it I will hone the skills that have been given to me at this program and become a better communicator.

What did you like about the training?

- The one on one coaching and group support.
- How open and friendly everyone was.
- It was very thorough and conducted in a thoughtful and professional manner.
- Lunch breaks and activities.
- I liked how this course made me step outside my comfort zone.
- It forced you out of your comfort zone.
- Ro-Zanne was very enthusiastic and engaging and really pushed us out of our comfort zones. Also the skits were very fun.
- Amount of chances I got to put myself out there. Never had opportunity to publicly speak before.
- Friendly manner
- I enjoyed the skits the most because it really gets you engaged and out there.
- Judgment free zone, encouraging.
- It forced me out of my comfort zone and made me do things I wouldn't normally do.

What would you change about the training?

- The room temperature was very distracting at times.
- I would have a few more breaks and a few more group skits.
- Break length
- I would like there to be more time, other than that, outstanding.
- More skits.
- Hours, too long each day. It should be spread out a little.
- Greater emphasis on what it means to be a leader.
- Lengthen it to more than 3 days, should be a solid 5 days.
- Nothing
- More girls, other than that, nothing.
- Make it half a day for 6 days and spend more time on stress.

Please explain the value you received as a result of your participation in this training program:

- It gave me new techniques to handle a variety of life situations more effectively than I previously had.
- This program helped me a lot in being confident around others.
- I gained better communication and people skills and gained a lot of self-confidence to open up to the other people.
- I'm not sure.
- This program has helped me bridge relationships as well as maintain the current relationships I have. To improve them too.
- I think I will participate a lot more in class.
- My school and those who know me now have a more positive, confident, enthusiastic person.
- Better communication skills.
- I got more self-confidence and better stress management skills which will help me for the rest of my life.
- I have better people skills and self-confidence.
- I will be more confident presenting school work and interacting with people.

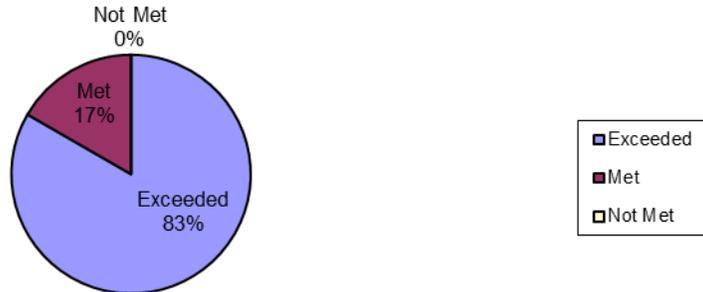
Additional Comments:

- Had a lot of fun. Made friends in a short period of time.
- Fake it 'til you make it!!!
- Thank you!
- This really opened my eyes to all the opportunity I have in life.

Level I Training Assessment

Anonymous Survey Conducted August 2012

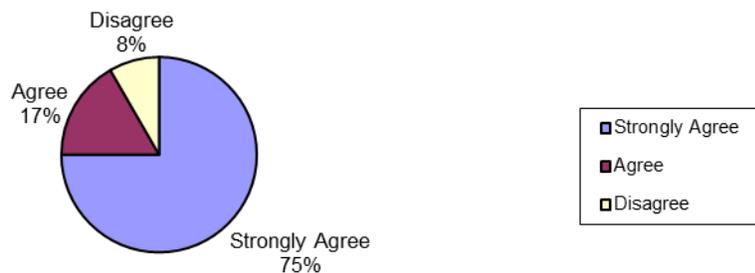
The Extent to Which This Training Met Expectations



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



Parent & Guest Responses

Did you enjoy the experience?

- Yes
- Yes
- Very much so
- Yes, the teen talks were heartwarming.
- Yes
- Yes!
- Yes!

What did you like best?

- The poise with which each participant spoke.
- The speeches the students gave.
- Hearing from the young adults what they learned.
- My granddaughter's willingness to participate.
- Seeing the teen speak about their confidence and their goals.
- Their heart-felt speeches.
- The confidence and structure. The take homes. Love, care, smile.
- The speeches
- Learned something new about my son.
- That every student got to speak.
- Hearing the children speak about their experiences.
- Public speaking by the participants.
- Student speeches.
- Speeches of the students.

What did you like least?

- Act that I got here late and missed several of the speakers.
- Nothing
- Watching the kids vote.
- No problems
- Greeting

Suggestions to make this session even more interesting, valuable and enjoyable for the guests:

- Give an example skit so the guests could see what kinds of things the class did.
- Maybe have teens do one of their skits.
- Each kid should have a little longer to talk. Some were too short.
- Video the moments for memories.
- Have the kids interact on what they were doing.
- Would have enjoyed seeing one of the skits that was mentioned.
- Class list of participants – brochure of the group.
- None

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

- One has increased self-confidence; the other has moderated his level of self-confidence to not seem over confident.
- I see how much his confidence has grown and how he looks like he is so much more motivated to do well.
- Animated and expressive during conversations. Her believing in herself.
- She is more energetic in her speech and attitude i.e. shows more confidence. It has certainly been worth the money!!
- More agreeable when asked to participate in family activity
- Seems more motivated to make new friends.
- More confident in who he is.
- I was very happy to hear (my son) talk about the contact he had with talking.
- His enthusiasm for what he learned has been a pleasant surprise.
- More talkative. More confident.
- My sons both loved the course. Each night they came home very enthusiastic.
- Willing to share more about his experience.
- Smiles. Talkative. I was very impressed with her speech.
- Calm voice – not in a rush.

Challenges the Teens Face

Organization	Better people skills	Focusing
Motivation	Apply skills learned	Public speaking
Balance with work/school/family	Self confidence	Decision making
Academics	Time management	
	Stress	

Expectations of Participants

participate	manners	FUN!
constructive criticism	language	
encouraging others	respect	

Expectations of Trainer

Role models	listening	conquering fears
knowledgeable	giving students right	high energy
confidence	tools	public speaking
help others with breakthroughs	motivating	
	coaching	

Traits of Successful People

Patient	Confident	Self respect
Motivated	Knowledgeable	Humility
Charisma	Positive energy	Friendly
Public speaking	Introspective/self	Body language
Outgoing	awareness	Goal oriented