



DALE CARNEGIE®
TRAINING

*Final Results Packet
For
Teen Program*

Trainer: Ro-Zanne Ho

Graduated June 26, 2015



Final Assessment

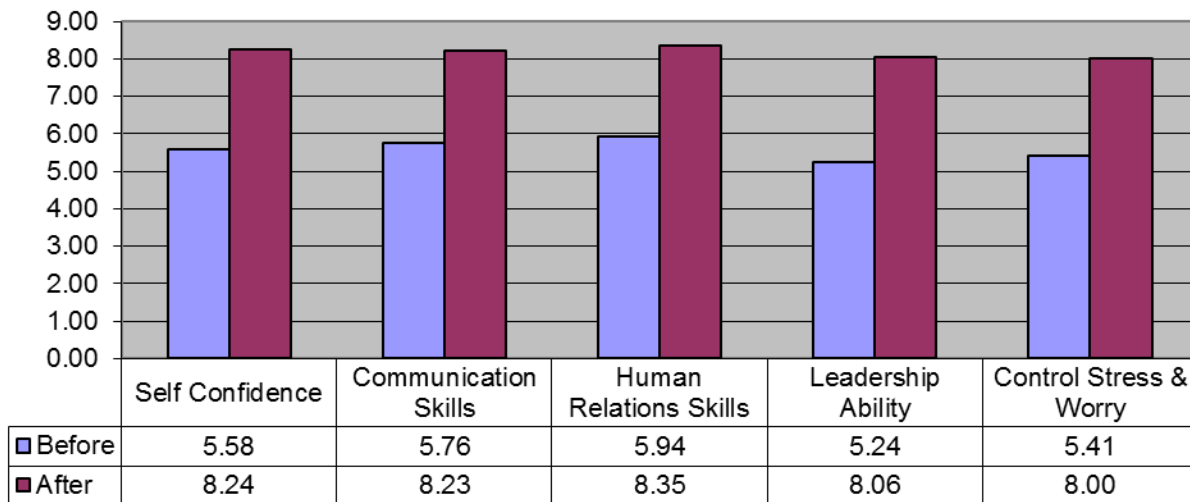
Not Anonymous – Conducted June 2015

Participants rated themselves in the following categories

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

	Before	After	% of Increase
Self Confidence	5.58	8.24	47.67%
Communication Skills	5.76	8.23	42.88%
Human Relations Skills	5.94	8.35	40.57%
Leadership Ability	5.24	8.06	53.82%
Control Stress & Worry	5.41	8.00	47.87%

Graduates' Pre/Post Evaluation of Course Objectives



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

- The major benefit was learning how to communicate with others, and the steps needed to succeed in life
- The major benefit is that I have gained a lot of self confidence
- This program has been very insightful. All the principles we learned make me feel as though I have received a sort of shortcut for life
- Meet new people, opportunity to practice speeches and presentations, learn how to get people to like/be interested in you
- I am more confident and more comfortable in front of an audience
- Challenging myself to share more intimate details about me
- Stretching in front of a group of people and forcing myself outside of my comfort zone
- I gained more confidence in public speaking. I also felt how I could public speak more
- I enjoyed being able to get out of my comfort zone and make new friends
- Being more comfortable speaking and being confident in myself (especially doing things like skits)
- Getting more self-confidence and being more comfortable with public speaking
- The remembering the names with the method we used
- It taught me how to handle life problems and how to improve my people skills
- Being a GA greatly helped me improve my leadership skills
- A major benefit I got out of this program was I am more confident, I know that when I get in front of people no one knows how fast my heart is beating and if I mess up, no one will know if I continue
- One major benefit is knowing what to talk to people about
- I got more comfortable speaking in front of a crowd. It doesn't seem as big of a challenge now. I just have to go up and do it and be confident during public speeches. If I mess up, it will fade and I really shouldn't care what others will think

How will this program help you achieve your personal goals?

- This program made me feel more confident in my actions and help develop some of the skills important
- This program will help me achieve my future goals because it has encouraged me to express my ideas, be confident, and form strong relationships
- Be more confident, prepared, be more spontaneous, experience to get jobs, internships, strengthen relationships
- I will be more of a leader and more assertive when managing my vending machine
- Helped me become more expressive and comfortable in front of an audience
- When I am interviewing for colleges and jobs after that, I am much more confident in my abilities and know I can succeed

- This program helped me achieve confidence so when I am on stage I may not freak as much
- I am more confident with public speaking/ speaking to people in general
- Make better relationships with people, present/speak better in front of large groups of people, deal with stress
- This program has taught me communication skills that I will use throughout my life
- It helps me communicate with people more
- It will help with public speaking and meeting new people
- It gave me the confidence to push myself and take charge in situations
- I will continue working/ stretching my goals. I will raise my hand first and stand in front of my class with confidence
- It will improve my leadership skills
- I know I have gained the confidence to give better presentations and try out ideas, I would have shied away from before because I was too self-conscious or thought it was impossible

What did you like about the training?

- It really did help me build my skills and inform me on how to achieve the objectives
- I liked how welcoming everyone was, I felt like I could trust everyone here
- I enjoyed interacting with people
- GAing allowed me to improve my skills even more than the program. It was a really good push
- It was fun and taught us about people skills
- It worked on the key components of social skills
- Nothing
- Being spontaneous, making new friends
- I like that it gave a good environment to speak
- Unique, interactive
- The instructor
- The insightful principles and confidence boost
- The training was in a safe and fun environment where I was able to share my thoughts
- It was interactive and energetic, it was with a smaller class so we were able to become closer, group project
- Everyone was very friendly, and I strongly improved my ability to express my ideas to a group
- Very much improvement in all areas great trainer (encouraged and pushed us very much)
- It was very constructive and allowed everybody to participate

What would you change about the training?

- Maybe more breaks the first day kind of seemed long
- I wouldn't change much but maybe add more time to training
- I would make it less time per day for more days
- 2-3 less students, the class would have helped. Alternatively, having one more GA also would have made it easier
- Nothing it was great
- Nothing
- Nothing
- How long it is
- I really wouldn't change anything
- Need to have more willing participants
- Longer (more than 3 days)
- Shorter days (5- 5 hours days)
- I would spend more time asking questions and giving answers
- Less HW and prep
- I don't know
- Maybe one more day
- Make some longer breaks

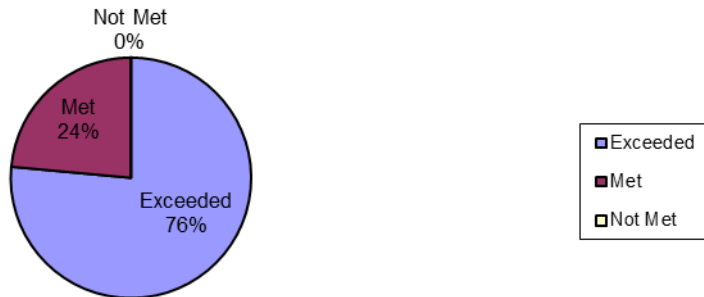
Please explain the value you received as a result of your participation in this training program:

- I'll be able to give better presentations, and develop stronger relationships with my family, friends, classmates, and new people
- I feel more confident and ready to speak publicly now
- It was more positive
- I am much more confident with myself and I feel like I could take change in any situations
- It will help me in school, college, and life in general, it will also help me get a job
- I have felt I have better communicating skills
- I feel more comfortable talking around people and expressing myself
- I gained more confidence
- Better actors/ easier to work with
- I will be better able to connect with consumers
- I have learned how to become a better public speaker. I have also improved my confidence and have been able to get along with friends and family better
- Less stress in school, more confidence, better relationship in family
- Improved in all of the program objectives
- It will help me with my people and communication skills to help me achieve success
- My mom/dad, school, colleges

Level I Training Assessment

Anonymous Survey Conducted June, 2015

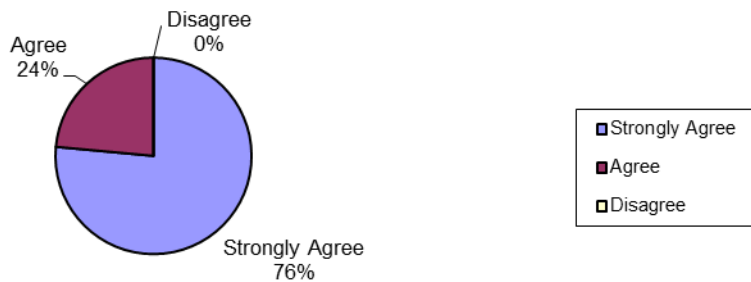
The Extent to Which This Training Met Expectations



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?

- I did enjoy the session
- Yes
- Yes
- Yes
- Yes
- Yes
- Totally
- Yes

What did you like best?

- The enthusiasm of the participants
- Obvious appreciation of the program's benefits expressed in different ways by the kids
- The individual presentations
- The ability for kids to let go of their self-consciousness and express what their self-awareness revealed
- How the teens show confidence in their speech
- Listening to the speeches
- I loved how they talked about becoming better at something they wanted to work on

What did you like least?

- Not many parents attending
- Nothing
- Nothing
- N/A

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

- N/A
- Give parents time to talk to kids when they stood by their "In 6 month poster" and make their speech. Introduce concept of micro inequities
- Would like to get a report- progress shown by the participant
- Knowing the name of the person to be introduced before hearing what RoZanne had to say about him/her
- You may consider having a guest speaker from business leader, talk about his/her experience about success

What has been the most significant improvement that you have observed in this person?

- Her issues with being bullied, it helped her increase her confidence
- Not sure-need to observe him over the next few weeks
- Enthusiasm, openness. I was afraid he was not going to like the course but he loved it. He was also committed to doing the homework. He really cared
- More confidence in speaking in front of a group
- Public speaking
- My daughter loved being part of the program again,
- Able to get up and speak in front of a group