



DALE CARNEGIE®
TRAINING

Final Results Package

For

Teen Program

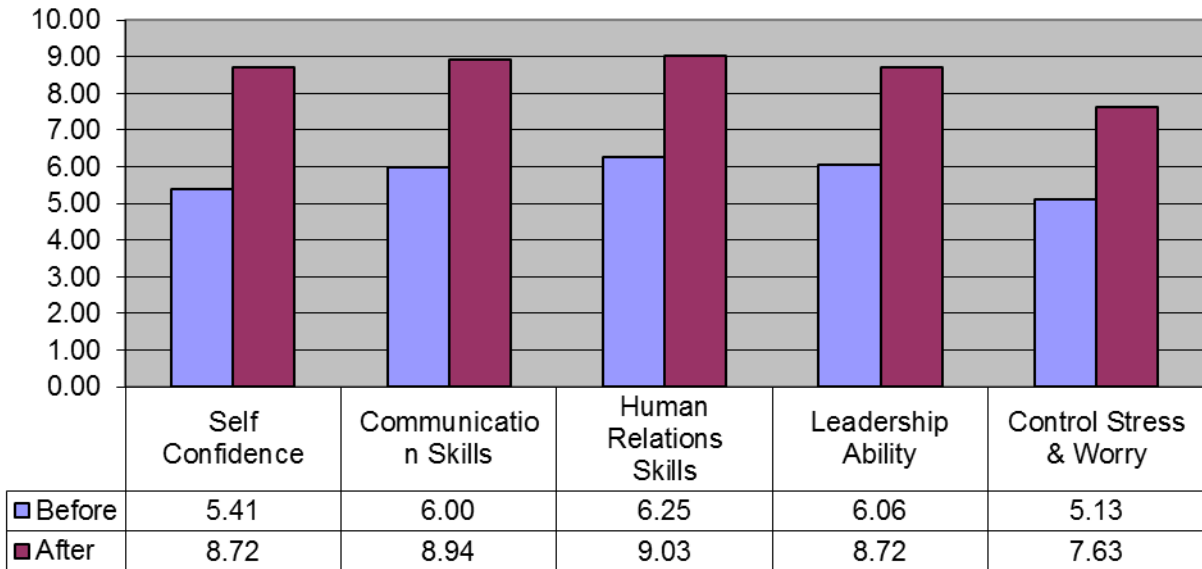


Final Assessment

Participants rated themselves in the following categories

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

	Before	After	% of Increase
Self Confidence	5.41	8.72	61.27%
Communication Skills	6.00	8.94	48.96%
Human Relations Skills	6.25	9.03	44.50%
Leadership Ability	6.06	8.72	43.81%
Control Stress & Worry	5.13	7.63	48.78%



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

- I'll know how to talk and act at my future job
- More self-confidence and control
- Confidence and leadership skills and communication skills definitely
- This has helped me speak in front of people. I don't know and have more self-confidence
- I have become more confident and am able to stand in front of a group and speak without getting too nervous
- I have learned to not only become a better student, but a better person. I now am more confident, can communicate effectively and can control stress. Carnegie made me a leader
- This training has helped me learn and review helpful techniques for leadership and personal relations
- I am now a lot more comfortable with myself as a person and while talking in front of others. I also think my communication skills have significantly improved
- It increased my self-confidence. It helped with my speaking and communication skills
- The major benefit was that my self-confidence has gone up
- It really got me to express and be myself. It makes it easier to interact with people
- Learning to work with and manage groups
- This course made public speaking a lot less stressful for me

How will this program help you achieve your future goals?

- I'll know how to talk to people in a way that results in the most benefits
- It will motivate me to achieve my goals
- I will be more confident in my leadership abilities and my ability to make new friends
- This will help me be more confident in everything I do and speak in uncomfortable situations, which I will definitely need to do in my life
- This will allow me to differentiate myself in the workplace. A degree is not enough
- My goals require a lot of leadership on my end, and the class will help me do that
- With newfound confidence and people skills, I am going to conduct myself around others in a positive, confident, and friendly manner
- It will make me a more outgoing person
- Helpful with future goals by working better in groups and as a leader, be friendlier and less confrontational
- It should help with college and job interviews later on

What did you like about the training?

- We were stretched outside our comfort zones while doing fun and entertaining activities
- It took me out of my comfort zone
- It helped me learn new ways of thinking in a friendly environment
- The training was engaging. I didn't expect to actively be enthusiastic about going each day
- It was very active and got everyone involved
- They had good tips
- It was very interactive and a lot of enthusiasm
- Great staff
- It was centered on the participants and very hands-on

- It was very high-energy, encouraging, inclusive, and fun
- Good environment, fun activities, little stress. Homework improved understanding
- It taught me a lot and was very fun
- I loved how comfortable our instructor made us all feel about stretching our limits
- I liked the charisma exercises because they really helped develop this skill
- Its ability to empower shy and self-conscious people
- How it applied to real life situations
- Made it a fun, safe environment
- The encouragement
- We were stretched far outside of our comfort zones, even as GA's
- Trainers are excellent, very enthusiastic, and understanding

What would you change about the training?

- More stretching on the first day
- The long hours
- I would have one extra day
- tailoring it to class
- I wish there was more to draw me in on the first day. Most of that day was review for me
- Less time spent on stress management
- I would make the first day more fun
- The speech on the first day was stressful, it would have been nice to have had more instruction
- It was a great mix of fun and learning and I can't imagine anything specific improving it
- Stress management wasn't properly expanded upon
- There's not much I would change 😊
- More activities! More days, possibly a 5-day program
- Some of the activities were weird
- More of the activities and interacting instead of explaining something
- I would rather it be half the length each day but span for 6 days
- The use of prizes sometimes made speeches seem too much like competitions
- Focus a little more on reducing stress

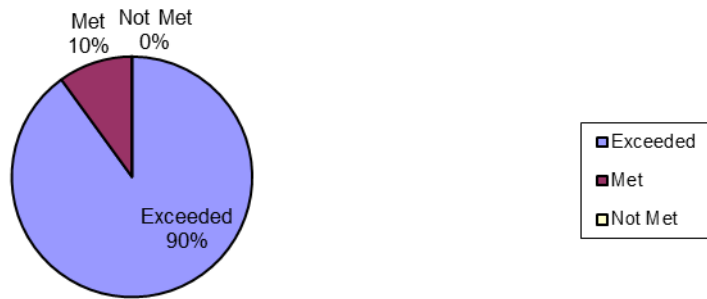
Please explain the value you received as a result of your participation in this training program:

- More confidence during public speaking, better people skills, and better ways to live a happy life
- More self-confidence
- This will help me to contribute in a more positive manner in my community
- I am able to resolve and find solutions to issues that come up in an appropriate manner
- A more dedicated person
- I have increased performance
- The program will help me with school work and people skills
- I am more confident in myself and have increased my communication skills
- I am more motivated, confident, and organized. Also feel like I can be a leader
- I will know now to act when I get a job or lead something

- More confidence and leadership skills
- I am more motivated and have more self-confidence

• Level I Training Assessment

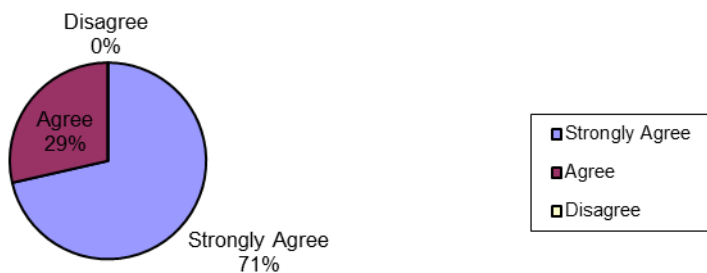
The Extent to Which This Training Met Expectations



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



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

- Similar speeches from the facilitators
- It was fine
- Have a couple of minutes talk at the end of each day and kids talk in front of parents about the day
- Group presentations
- Giving best wishes at the end after we've seen their growth stories
- Nothing comes to mind
- I believe the format is excellent as designed considering this is only a 3-day course
- It was great
- A little photo and/or video collage of their experience over the past 3 days

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

- Confidence/self-esteem
- More confidence
- Interactivity and connection
- Getting more involved in people around
- Confident, not afraid to talk to others
- My daughter became much more confident around others. She stretched her comfort zone
- Smile, confidence, and willing to take a chance
- Talking to a group of people with a smile
- Haven't had enough time to see it yet!
- Gaining more confidence in herself. Not worrying so much about being judged.
- 3-day course. After day 2, my child demonstrated a significantly more positive attitude towards participating in this program
- I'm looking forward to seeing the changes
- She seems a lot more confident and open. I can tell she really tried hard to break through

Challenges the Teens Face

Get out of my comfort zones

Gain confidence

Leadership

Public speaking

Motivation

Stress

Making new friends

Presentation skills

Improv and sponteneity

Overcoming shyness

Complimenting people

Expectations of Participants

Respect

Participate

Trust the process

Have fun!

Expectations of Trainer

Enthusiasm

Positive

Respected

Trust

Hold you accountable

Energy