



DALE CARNEGIE®  
TRAINING

*Final Results Package*

*For*

*Teen Program*  
*Graduated August 2013*



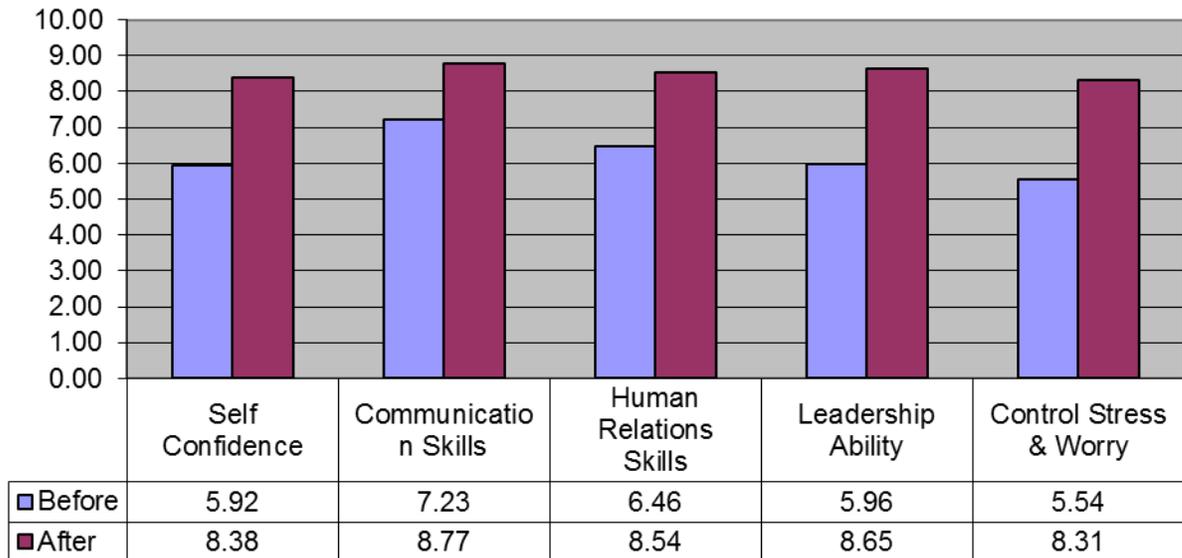
# Final Assessment

*Not Anonymous – Conducted August 2013*

## **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>	5.92	8.38	41.56%
<b>Communication Skills</b>	7.23	8.77	21.28%
<b>Human Relations Skills</b>	6.46	8.54	32.14%
<b>Leadership Ability</b>	5.96	8.65	45.16%
<b>Control Stress &amp; Worry</b>	5.54	8.31	50.00%



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

- Help me boost my leadership and problem solving skills
- It will help me get a job and improve my relationship and my communication skills.
- I have much greater self-confidence than I did before
- I am more capable of delivering speeches spontaneously now.
- I have gained more confidence, better communication skills, and become a better leader
- To control my stress
- I got to see that people can change, and that I can lead others.
- I learned how to properly speak in front of others and the way to format a speech
- I was able to gain confidence in myself and in front of large groups of people
- World experience and peer bonding. Increased self-confidence and leadership abilities
- Being more comfortable with new people faster
- Control over worry
- Improving communication and learn how to be sincere/have a conversation

*How will this program help you achieve your future goals?*

- By helping me get things my way without being pushy about it. Also impress future employers.
- It helped me control stress, plan ahead and improved my human relation skills.
- I will use the golden principles to make more people want to hang out with me
- It will help me properly present my skills and achievements verbally
- I will apply everything I was taught in real life situations
- More up for life it's self
- It'll help me stay alive in the world we live in.
- I will be able to convince and talk to anyone to build relationships and network
- I will be more outgoing and take more opportunities into my hands
- Increase self-confidence and speaking abilities
- Manage stress, not procrastinate better public speaking
- Encouraged me
- Better speeches and know how to be dynamic!

*What did you like about the training?*

- Fun, energizing
- The encouragement
- Presenting and dancing
- I love the inclusivity and its ability to bring total strangers to great friends within 3 days.
- It was very interactive
- I liked how we worked in groups.
- I got to watch other people, in a way, find themselves
- I liked the energy of the trainers and fellow classmates
- The interactiveness
- Very hands on, attention given to each individual
- It brought up my self-confidence. I enjoyed listening to the stories.
- Energizing and a lot of fun activities

What would you change about the training?

- Longer
- Nothing
- Less childish
- Ensure classes are smaller because it creates a more intimate environment.
- Make the class an hour or two shorter
- The training should be two days or less
- I would do some of the day 1 homework during day 1
- Nothing
- Make it shorter
- Make it longer in general
- Add more days to the training program
- Shorter and more activities

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

- Better organization skills
- They now have someone with better social skills.
- Increased self-confidence and speaking abilities.
- I got to see that people can change given the right environment
- Overall it made me more confident and enthusiastic
- More self-confidence and leadership
- It's easier for my peers to connect with me
- This will keep me from getting nervous in front of other people, specifically crowds
- Less conflict and fighting

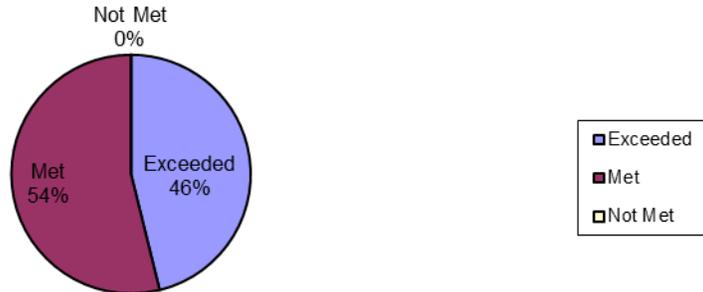
Additional Comments:

- This program is great and life-changing
- If possible, offer it in more places. Add more days to the program
- I loved it
- Keep helping these people find themselves. You're doing good you guys.
- The lunch was great! I really enjoyed the activities after lunch
- This program is definitely refreshing and invigorating because of all the challenges with which we learn to have lots of passion and energy!

# Level I Training Assessment

Anonymous Survey Conducted August 2013

## 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
- Yes, very much
- Yes
- Absolutely
- Yes, very much
- Absolutely yes
- Yes
- Yes
- Yes
- Yes

## What did you like best?

- I enjoyed listening to each of the participants to see how they have transformed
- Could hear them all so well, including Ro-Zanne
- The openness shown by the students
- Seeing the participants applying skills they had learned through public speaking
- I enjoyed how each student expressed themselves so comfortably with an audience
- How well each scholar expressed themselves with confidence
- Seeing the confidence in each participant and hearing their positive goals for the future
- Wonderful to see the transformations of each person
- The confidence of the kids. Short and sweet talks
- Each graduate had to speak their mind and show how the course will impact their future
- The confidence, transparency and energy
- I enjoyed the way the speakers looked confident and had fun talking

## What did you like least?

- Nothing
- Nothing
- The distance to travel from Massachusetts
- Speeches were too short

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

- Keep the same
- Great. Glad we came
- Speak louder with more expression with key points they were making
- N/A – Perfect the way it was. Not too short, not too long – just right.
- It would be helpful to hear more details about the tasks and activities done of the 3 days
- Enjoyed hearing from kids
- I would suggest not just 3-6 month but maybe 6-12 months since they may need more time to achieve their goals
- Ask parents to say why they wanted teen to attend. Have parents do on-on-one feedback on what they appreciate about the teens' growth
- Maybe hearing sincere appreciation of the speeches from their classmates. To see what they noticed as their greatest achievement.

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

- My son has gained more self-confidence and was able to become more at ease with public speaking
- The ability to open up
- Openness to participate and developing more empathy for others
- Clarity in speech and comfort level in front of the group
- Personal attitude. Less stress. More expressive.
- He seems more sure of his future and demonstrates greater confidence in himself
- More confident and effective public speaker
- Improved confidence. Seems more sure of where he's going. Better attitude
- Their communication ability and their ability to push themselves beyond their personal limit. He has shown that he can adapt to a given situation both on and off the field.
- Confident speaking, deliberate speaking and slower. Intentional/confident speaking
- He looked more confident and seemed like he enjoyed his classmates. He also spoke from the heart.

## Challenges the Teens Face

Leading defense	Motivation
Finding a job	Communication with teachers
Standing out	Approaching large groups
Cooperation	Planning
Working with people	Speaking in a large crowd
Time management	Focus
Being more proactive	Enthisiastic/energy

## Expectations of Participants

respect	trust the process
participate	fun!

## Expectations of Trainer

Enthusiasm	Trust
Positive	Hold you accountable
Respected	