



CUSTOMER SUCCESS STORY

Area Teens Gain Interpersonal Skills through Dale Carnegie Training®

Like most teenagers, Samantha K was shy and self-effacing. The idea of speaking in front of a large group of people terrified her. But that was before Samantha enrolled in the Dale Carnegie Teen Program, recently conducted by Dale Carnegie Training® of Western Connecticut.

At the graduation ceremony for the three-day immersion course, the teenager eagerly strode to the front of the room to speak in front of her 20 classmates and about 20 of their parents.

“This class has been amazing. My self-confidence has skyrocketed!” she exclaimed. “Three days ago I wouldn’t have been caught dead in front of so many people, but I volunteered to go first.”

On the final day, participants described how they will apply what they learned from the teen-oriented course on public speaking and personal growth.

“I will be happier and more stress free,” Samantha said. “I will reach out to more people and try to be as outgoing as possible.”

Each of the 21 high school students stood up and described how the course had boosted their self-confidence, helped them feel more comfortable interacting with other people, and inspired them to make positive changes in their lives going forward. “Before I came here, I hated being in front of people,” said Molly S. “I can now get up and confidently give a speech!”

After the course, Molly felt that she had improved dramatically in the areas of self confidence, communication skills, human relations skills, leadership ability and controlling stress and worry.

Alex N. said he had been “skeptical and nervous” about attending the Teen Program but it helped him improve at public speaking. “I feel like I understand how to deal with people better now,” he said.

Alex said he believed the skills he learned during the three-day course were “life-changing” and would inspire him to develop better relationships with his teachers, earn better grades, worry less and become a leader at his school.

Jill I. said the course has helped her develop a more optimistic outlook and expanded her comfort zone in terms of reaching out to other people and taking on more challenges.

Jill said the program had inspired her to get along better with her parents and to strive to become a mentor to other teens in her school. She said she now feels more confident about her upcoming college interviews.

In rating the course anonymously after graduating, the teens said they felt it raised their self-confidence levels an average 54%; communications skills, 66%; human relations skills, 49%; leadership ability, 38 percent; and ability to control stress and worry, 44%.

Several of the parents said they had seen their sons and daughters grow before their eyes during the intensive three-day program.

“I’m very impressed with what they’ve learned,” said Annette N., whose sons Alex and Frank both attended. “I took the Dale Carnegie Course® 25 years ago, and it was life-changing for me.”

Joe A. told the group that he had encouraged his daughter Alyson to take the course because of a book that helped him cope with a trying time when his wife, Cara, was about to give birth to Alyson 15 years ago. Seeing Joe’s concern, his boss had given him a copy of “How To Stop Worrying and Start Living” by Dale Carnegie.

“I have relied on that book since that time, and I saw that my daughter was a worrier as well,” said Joe. His wife Cara said Alyson became noticeably more enthusiastic during the three-day course.

Alyson, who intends to become a cardiologist, said she learned valuable new skills and believes the Dale Carnegie course will inspire her to “change my life.”

“This course has doubled my self-confidence,” she said. “I usually had a negative outlook, and I have learned to be more positive. I’ve learned that if you act enthusiastic, you’ll be enthusiastic.”

Alyson said the course had inspired her to manage her time more effectively so that she can excel at her schoolwork and create her own nonprofit organization while also spending more time with family and friends.

Caryn Vincent, the trainer for the three-day program, said it was amazing to see a group of teens who didn’t know each other come together and help each other grow. She also said she has gotten a lot of positive

DALE CARNEGIE PROGRAM Dale Carnegie Teen Program

CUSTOMER 21 High School Students

feedback from the parents since the class ended.

“I was talking to a father a month after the program, who said, ‘You wouldn’t believe my daughter last week, on the phone talking to colleges that she wants to go to. She was amazing, and I was totally blown away,’” Vincent said.

The Dale Carnegie Teen Program uses a fun and energetic program to help teens build self-confidence, strengthen people skills, enhance communication skills, develop leadership skills and control worry and stress.

Instructors lead the teens through a series of interactive exercises designed to stretch their comfort zones and break through barriers related to low self-esteem and shyness. They also assign the teens to deliver a series of speeches and read passages from Dale Carnegie’s classic “How to Win Friends and Influence People.”

The course tackles subjects from setting goals to gaining cooperation from others, and the teens celebrate each others’ progress throughout the program. They also participate in a variety of fun activities together such as miniature golf and laser tag.

“The growth achieved by these teens was outstanding,” said Bob Dickson, president and owner of Dale Carnegie Training® of Western Connecticut. “They learned valuable skills that will help them with school and family and give them a competitive edge.”

Dickson said the summer class marked the first time the Dale Carnegie Teen Program has been presented in western Connecticut, and he plans to offer it on a regular basis.

The Dale Carnegie Course® is a program for businesses and individuals based on Carnegie’s teachings. It was founded in 1912 and is now taught in more than 75 countries. More than 7 million people have completed Dale Carnegie courses, which focus on communications, human relations, and leadership development.

Written by: Steve Higgins
Freelance writer
www.higginswriting.com