

**Center for Dependable Strengths – East Coast Region
Summary of Evaluations
Conducted at Pearlstone Conference and Retreat Center
June 23-27, 2008**

10 participants (four year colleges and universities; mental health organizations; DLLR; Trondek Hwechin in Canada)

Evaluations: Level One - Participant

	Very Much	Some	Not Sure
1. I learned new things about myself	9	1	
2. Raised my self-confidence	8	2	
3. Increased by ability to get a job	9	1	
4. Revealed overlooked talents or skills	10		
5. Given me increased hope	9	1	
6. Made me clearer about my Dependable Strengths	9	1	

Comments

What would you say to a friend who asks, “What happened at the Dependable Strengths program?”

- I learned who Ashley was and is.
- I found out who I am, what I have to offer, that businesses will be very lucky to have me vs. I’m lucky to work for them.
- So much! They helped us figure out what our strengths were. It was so fun, and met some great people.
- Something you should be doing to experience for yourself.
- I would say it is a very good course that helped me identify a lot of strengths I wasn’t aware that I had. I’d recommend they attend if they have the chance.
- An introspective journey. Learned valuable life skills for job interviews, salary negotiations, DS reports, resumes, networking. Meet great people too!
- I had to figure out some of my strengths and met new people who probably now more about me than my family.
- Opportunity to reflect and learn how to best present your strengths and unique talents – intense experience. Took risks and was challenged in my thinking.
- Learned things about myself that were positive, not negative aspects. Better job finding skills.
- I learned how to better describe the whole me and what the value is in all of my strengths.

What are the two most important things you gained from this workshop?

- More self confidence. More willing to talk about self.
- Self awareness. I am valuable.
- I definitely gained more confidence in myself and my strengths. Also gained comfort. So many things to think about and do.
- A confirmation of my skills and gifts. A clearer focus on my direction/career.
- Identified strengths I wasn’t aware of. Believed that I actually have these strengths and that they can and have helped me to succeed in a lot of areas.
- Ways to get a job I didn’t already know. How to negotiate salary.

- Time to reflect and time to take action.
- Time to reflect on and learn to clearly articulate my strengths. Tangible tools to use in the job search process.
- Working in teams with other people similar to yourself. Learning Dependable Strengths helps to find the right job.
- It can be painful and scary to really look at yourself but you learn nothing new if you take the safe road. How to present myself and the strengths I have to offer in a more concise manner.

Other comments?

- I cannot wait to teach this to the people I work with.
- Very awesome! Thank you so much! Mahsi Cho!
- Great facilitators. Great participants.
- Thank you!
- Great class – everyone needs this.

Evaluations: Level 2 – Instructor Training

This training for DSA Instructors has:	Very Much	Some	Not Sure
1. Helped me understand the DSA process	10		
2. Prepared me for planning and implementing the DSA process.	10		
3. Helped me clarify and articulate my own Dependable Strengths	10		
4. Given me new ideas about how to help others find work	10		
5. Helped me learn new things about myself.	10		
6. Been a valuable experience for me	10		

What would you say to a friend who asks, “What happened at the DSA training?”

- I learned so much about myself – strengths. As well as met great people who will be mentors and supporters.
- I learned a lot more about my own strengths and helped me to identify strengths in others too. I learned a process that can help others identify their strengths too!
- I became energized and am ready to implement something new and exciting so other people can feel this way too.
- It was a great chance to reflect on myself in a way I rarely find time to do. It caused me to ask more questions – and questions I will continue to try to find answers for with the tools I have gathered. It also gave me a glimpse into how much work I’ll need to do to prepare to facilitate.
- Learned valuable skills for attracting a job that is right for you.
- So much! I discovered so much about myself and how I can help others see as well. Gave me self confidence and direction and hope.
- Helped to me better understand my strengths and skills. Made me feel better about starting my new job with better ideas.
- A wonderful experience that I will stay with forever.
- I found the real me!
- A very powerful experience that they have to try! What are you doing this weekend?

Thinking back over the FULL five-day workshop, what TWO things have been most helpful in preparing you to lead DS with your constituents?

- Actually presenting the steps in front of group and doing the quad work.
- Having to present to others – it was the hardest but I did it.
- The moment I realized I had shared my full self with the group and instead of playing it safe – I think this will help me with participants who are hesitant. Seeing the job magnet in practice! It was scary and something that pushed me but it was wonderful to get that job lead!
- Planning the back home plan. Processing the different ways that DS can be used – caused me to think more outside the box.
- Doing the practice step in front of the class. Watching the videos.
- My instructors and our great group of participants.
- Seeing how much this training helped everyone in the room. Learned skills I didn't even know existed. Will enjoy sharing with others.
- Getting through all exercises and experiencing the excitement for myself. Separating participants who knew each other so they could learn from those who don't know us.
- Going through the experience before anything else. Plan a program to use this. I feel that we learn our true passion and then we get to follow through.
- The materials are well laid out as a reference. Having to present a step was helpful.

Comments

- Anne and Mary were great and very patient.
- Thanks for everything!
- This was a wonderful experience! Thank you!
- This was great! Thank you so much! Some of the most challenging work I've done in awhile.
- Loved it! Loved it! So inspiring!
- Great training.
- Thank you so very much.
- Thank you.