

EVALUATION OF TRAINING PROGRAM

LIFE DESIGN CATALYST FACILITATOR TRAINING PROGRAM

UNIVERSITY OF NORTH CAROLINA AT GREENSBORO

MAY 14-17, 2019

*I very much value your thoughts about this training. Your **specific** feedback helps me make corrections as I move toward my goal of creating purposeful, visionary Life Design Catalysts that empowers students to be responsible for creating meaningful educational experiences.*

PLEASE USE THE OTHER SIDE OF HIS SHEET FOR ADDITIONAL COMMENTS...

1. On a scale of 1 to 10, please rate the overall value of this workshop to you (circle one):

Poor 1 2 3 4 5 6 7 8 9 10 Excellent

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
0	0	0	0	0	0	0	4	3	25
Additional Comments: <ul style="list-style-type: none"> • Paradigm Shift 									

2. Specific concepts/strategies I will use/adapt include:

- Creating your life motto: I plan in implementing this activity to enhance commitment to service. Personality assessment: will use this to help individuals in my program see themselves, draw on their strengths, and work on enhancing what they see to be areas of improvement.
- So many of the resources!
- Problem-Solving, Idea Generating Questions; Build Your Own Superhero; Life Motto/Philosophy.
- Superhero; character strengths.
- I will use EVERYTHING we experienced!
- All materials were powerful and impactful!
- Superhero aspect within staff and family. Completing my current/ideal new perspective and the dream ideas. The aspects of mind mapping made for.
- Meaningful work Statement. Engagement strengths. Character Strengths. What's Most Important to Me.
- Superhero. "Speed-dating" at end with dreams and ideas. Feelings vs. experiences.
- Inquiry You Worksheet!
- I will use the concepts/strategies to help anyone who needs help in growth.
- Loving yourself first. It only takes a little motivation.
- Superhero activity. 34 My Best Life Questions.
- Superhero activity. Meaningful work statement. Dream team activity.
- All.
- Strengths. Values. MBTI.
- Incorporating my values into everything I do. Practicing what I preach!
- Superhero. "Speed" idea sharing. All story activities.
- My Best Life. The Superhero Activity in utilizing and appreciating my superpowers.
- Everything! Especially Idea Exchange Worksheet and 34 Questions.
- Superhero poster.
- I think we all need to be reminded of our superpowers and values. I will use this often.
- Everything! Word choice exercises specifically.

- I'm going to revisit these activities to reflect as I approach an upcoming life transition. Building up my "Dream team" with intentionality.
- Superpower activity. Video on "finding your why" was powerful.
- Superhero activities. Values.
- So many. We will be adopting many of these exercises and mindsets as catalysts for Guided Discovery at Guilford.
- One of the posters. Idea Exchange.
- Integrate more discussions and opportunities for students to truly/genuinely/authentically engage.
- Values activity. Superhero activity. Utilizing TED Talks/videos!
- Plus one concept. Continue to develop and fill in my Unique You page. Take action – starting is more important than perfect. Build your tribe – utilize other's talents/feedback.

3. What I liked best about the training content and/or facilitation...

- A lot of self-reflection activities. Yes!
- Loved the TED Talks and Philosophers Notes. Discussions with partners and small groups.
- The group work – creates think tanks. Videos. Organizational manual book.
- Engaging in groups to get different perspectives.
- I LOVED the conversations with partners and participants this week – my heart and brain are SO full!!!!
- Everything! ♥
- Willingness to be flexible but keep on track(ish). Relationships are what connect and invigorate, deadlines make shit happen and flexibility in life and importance.
- Connections made. Helping me recognize my gifts/talents/strengths. Meeting new friends and people at UNCG I never would have met otherwise.
- Great, great people. Exercises with 3+ people = access to more folks.
- Sharing with others – incredibly powerful!
- I enjoyed meeting new people and being able to share my ideas.
- I liked meeting new people the best. Hearing everyone's story was inspiring.
- Expressing my inner thoughts freely.
- Multiple opportunities to interact with different participants.
- Allowing the process to occur naturally.
- The people and the newer activities.
- Being able to tell people my story and them feel intrigued to hear more. Re-affirmation that I'm doing the right thing. Listening to other stories, thoughts, and perspectives.
- The people. The affirmation of ideas. The activities = specifically values, strengths, and superhero.
- The VIDEOS!
- Being able to interact with so many people in meaningful ways.
- The time to open up in a space/environment where it was okay to be vulnerable.
- I like the fact that I walk away with these tools to help all that I can.
- It was amazing and I loved all the interaction with different people.
- The one-on-one time. The self-reflection time. Videos.
- Bill is great at explaining the activity and then turning us loose to navigate thought with a partner or group.
- Time with so many amazing people.
- All of it!!!
- The small group conversations. The safe/shared exercises and thoughts that "democratized" the experience. There was such power and support in the sharing. OUTSIDE and moving around was key.
- Meeting others. Wealth of content. Hands-on approach. Plug-and-play materials.
- The last activity...drams/ideas. Connecting with others.
- The small groups/one-on-one conversations! The ability to reflect and share our ideas.

- Bill's generosity of spirit which was evident from first e-mail. Videos set the stage for each topic. Thought-provoking activities. Small group sharing about facilities. Unique You tool – very helpful to gather main points in one place. Invitations to continue community building after the training.

4. Ways I think the training content and/or facilitation can be improved...

- Can't think of one.
- Wish I'd had a chance to connect with everyone. Loved the last activity (1 minute sharing ideas); would have liked to do this longer, maybe each day?
- Food options!!
- In some way or form...keep doing it! This is SUCH important work!!
- I'm exhausted, but wish it was longer. Are there refresher courses?
- I think a movie one night would be neat. Coco (movie) was mind blowing for the perspective of culture but also understanding.
- 5 days. Meet up for accountability.
- A lot SO fast. More direction of those who are here to find their purpose and more focus on those who want to implement in class.
- Maybe schedule a reunion/refresher (one-day workshop)? Offer a salty snack.
- Focusing on less activities for the training, but overall, I think it's wonderful.
- Longer days.
- Legit as F**K!
- More structured breaks...introverted me got overwhelmed at times.
- Maybe one less poster.
- Less posters, more content and discussions.
- It's amazing, period! LOL. I will be in contact for the rest of my...life, really.
- A little more alone time to decompress outside of lunch and meditation. It was a lot on some days.
- Cannot think of a thing!
- Have a "reunion" where all Life Design Catalyst Facilitators can reconnect.
- You guys are already lightyears ahead.
- I think it was great. If I could change anything, I would want more time.
- Part 2 to go through more of the notebook.
- Maybe some homework focused on researching/exploring interest or skills that are not currently engaged in someone's life. For instance, I love design but don't use that skill – the context of how that exists could generate ideas.
- Too much, too quick. Felt like I needed a little more breathing room for it.
- The posters are a bit exhausting and make me focus more on my weakness (artistry) than the strengths that are supposed to be empowering me.
- People work better under pressure...more activities, less time. I was not a huge fan of the dream team...made some assumptions that did not apply to everyone in the room.
- Bigger room so only 2 people per table side – no one in the middle. Needed more reflection time to create meaningful work statement.

5. I'd also like to say or add...

- Thank you for being authentic you, Bill. Thank you, Megan, for organizing food and other unseen activities.
- Thank you.
- This is a paradigm-shifting workshop.
- Thank you for the experience; very thought-provoking and inspiring! 😊

- THANK YOU!
- Thank you! This has been such a powerful week!
- Thanks for all you do and the way you bring people together. The additional opportunities for evening conversations.
- Thank you for giving so much of yourself. You are changing the world, for sure! ♥
- You're doing good work...so excited for what is next. There are almost levels of attendance...newbies vs. repeaters. Special Thank You to repeaters like IVOR, who pour in just as much as they take from this.
- Great job!...as usual!! 😊
- This was an unforgettable experience and I learned so much this week.
- This training program was a huge eye-opener for me and without it I would still be miserable about my life.
- I am ready to leave my mark on the world.
- This was amazing! HIGHLY recommend to anyone in a helping profession.
- This was amazing!!! I wish everyone had the opportunity to do this, and early!!!
- Thank You!
- Thank you for making me realize what I want to do with my life.
- Bill is great! This was great the second time around. I feel empowered and inspired more than I can say.
- This was beyond GREAT! Wish I'd attended sooner!
- Thank you!
- Thank you so much! Again, you sparked my purpose to do what I need to do.
- This class caused me to do some soul searching and it overwhelmed me most positively. It caused me to pull my thoughts together to do the work that is required of me.
- Thank you for everything.
- This was GREAT! Thank You!
- What an amazing week – I feel re-invented and like I have energy to live my dreams. Thank you, Bill and Megan!
- Thank you. 😊
- Would love to hear more from Megan and Zitty!
- Thank you!
- Thank you!
- Absolutely wonderful – Thank you, Thank you, Thank you.

Note: If you'd be willing to share a testimonial about this training program, please write your name, position, and a couple of sentences on the other side of this evaluation.

- Bill's Life Design Catalyst Facilitator Training is more than advising and student or advising-focused, but truly life impacting. The expansion of perspectives and understanding of purpose in conjunction with the activities provide a game plan for action and adjusting to your best life! – Brandon Ohr, Coordinator of Competitive Sports, UNCG
- This program has changed the way I view myself and I know I have potential and others should be able to feel the same way. – Leslie Estrada, Undergraduate Student, UNCG