



Assertive Leadership & Influence for Women

June 7-8, 2017

The Workshop Leader(s)

	<i>Low</i>		<i>Satisfactory</i>		<i>Very Effective</i>
1. Knowledge of Workshop Leaders(s)	1	2	3	4	5
				4.8	
2. Responsiveness to Participants	<i>Low</i> 1	2	<i>Satisfactory</i> 3	4	<i>Very Effective</i> 5
					5
3. Enthusiasm and Energy	<i>Low</i> 1	2	<i>Satisfactory</i> 3	4	<i>Very Effective</i> 5
					5
4. Presentation Skills	<i>Low</i> 1	2	<i>Satisfactory</i> 3	4	<i>Very Effective</i> 5
				4.7	
5. The Group Activities	<i>Low</i> 1	2	<i>Satisfactory</i> 3	4	<i>Very Effective</i> 5
				4.7	

The Workshop

1. The session's pace was	Much Too slow	A Bit Slow	Just Right	A Bit Fast	Much Too Fast
		9%	92%		

General Comments

1. As you reflect on the session, what was the most interesting, helpful information you received or things you did?

- Christina's and Ulrike's sessions were preferred over other content
- Christina's exercises were very practical. Her approach to show you how you are likely being perceived was spot on...and she conveyed it in a manner that was comfortable and made you want



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to be better. Dealing overall with our current situations allowed the information to be relevant and applicable. I also appreciated Ulli and Christina pushing me out of my control and comfort zone to look at the root issue.

- Effective communication, which summarized previous information with more applicable context...easy one liners to readily use/remember
- Perception-what other people's impression is from you when you walk in a room; Recommendations to be a better me
- Learning about presence was most helpful
- It's always great to receive feedback (AKA constructive criticism) and then learn helpful ways to improve yourself. I use QTIP and "would you rather be right or successful" on a regular basis. Group discussions and real-life examples and different ways to approach those life examples is very helpful and gives a different perspective.

2. To what extent do you think this session provided you with useful information, tools or skills?

Not at all

Somewhat

Great Extent

Very Great Extent

17%

50%

34%

3. Thinking about the session in total, what was the least helpful aspect?

- I am open-minded to everything however least effective for me personally was the exercise to rid my body of bad energy
- The breathing techniques were good but I didn't get into the other stretching techniques
- Each and every subject was interesting and can be used or applied in my personal life
- Presence-made me fore self-conscious which makes me more nervous making a cycle of unassertiveness
- Anything past deep breathing is outside my comfort zone
- While I grasp the idea of energy and such, that part of the session didn't resonate with me as much as the rest of the session

4. To make this a better session for future participants, what improvements or additions would you suggest?

- Participants come with situations they are facing; participants five examples-maybe build a skit for workshop
- There are definitely a few kinks to work out with morning intros-please do a general/group intro at the start so we can figure out what kinds of roles/experience people are bringing.



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- Do tie-in first of effectiveness so other sessions have stronger context-was what confused on message until then
- The timing is good, less freaks and the breakouts are good
- Just a little more table space when we first arrived
- Prep participants to come with examples...I think the footprint exercise was sort of a waste of time

5. General Comments:

- Overall very good session empowering and felt as though the women giving the training really cared about us, what we do and helping us make improvements
- Great workshop. I have been sharing what I learned with others
- As a woman, hear a lot of "controlling" emotions would like one context of "owning" giving positive connotation
- Great leadership; right size class; applicable to personal and business
- Would have preferred day 1 to start at 8:30 and depart day 2 earlier-mainly because we had a long drive home. Instructors/facilitators did a good job of keeping the group engaged

6. How can we best support you back on the job?

- You already are! I've been bragging non-stop about the workshop and women since returning!
- Send resources as available-sharing experiences was a great asset
- Take the assertive position in my personal & work environment
- Emails with tips are great
- Having an open forum of communication is very helpful so that we can email actual situations that come up and discuss different ways to approach them