



Assertive Leadership & Influence for Women

February 7-8, 2018

The Workshop Leader(s)

	Low		Satisfactory		Very Effective					
1. Knowledge of Workshop Leaders(s)	1		2		3		4		5	4.8
2. Responsiveness to Participants	Low 1		2		Satisfactory 3		4		Very Effective 5	5
3. Enthusiasm and Energy	Low 1		2		Satisfactory 3		4		Very Effective 5	5
4. Presentation Skills	Low 1		2		Satisfactory 3		4		Very Effective 5	4.6
5. The Group Activities	Low 1		2		Satisfactory 3		4		Very Effective 5	4.3

The Workshop

1. The session's pace was

Much Too slow	A Bit Slow	Just Right	A Bit Fast	Much Too Fast
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100%

General Comments

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

- Most memorable was feedback from others about their impressions of me and how they believe I present myself.



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- I'm very interested in the subject of emotional intelligence and would like to see it taught in more mainstream institutes.
- Effective communication awareness is always important.
- Breathing exercise, walking exercise, and holding onto the happiest part of your life when dealing with stress.
- Fundamentals of good and effective communication.
- Discussion of first impressions, walking exercise and tips.
- Composing a script to resonate with any type of personality.
- In general, I learned that I'm much more passive than I previously thought. The workshop made me look at myself and realize i need to stop taking the passive, easy-way-out.
- QTIP and the emotions chart; the words make you realize what seemed high is really a low.
- I really liked the walk analysis.
- The emotional intelligence section was very interesting as it was something I hadn't given much thought to.
- I really liked the post-it group line activity.
- The intention of feelings chart was helpful and eye-opening.
- Tips and tricks from Ulrike - QTIP and being right or being successful.

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

14%

57%

29%

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

- The Gettysburg Address.
- The group activity looking at people's walks was embarrassing and unhelpful. There are more important issues to address. I have an awkward walk; it's part of who I am and I have more important things to change.
- I think the multiple activities on assertiveness could have been more impactful and we didn't need as many.

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

- I like random, quick tips/tools/reminders via email, not long emails or mailings.
- Follow-up emails and being responsive to inquiries.
- Check back in with us in 30, 60, 90 days.
- Being available when I experience a situation in which I may have additional questions or need guidance on.



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

- I struggle to come up with specific instances on the spot. Maybe give participants a heads-up to come with samples that could be used for writing a script could help.
- Use lunch as a true break instead of using it as extra time for more information. I was socially exhausted by the end of day 2.
- Split the days evenly. I felt tired the second day, more so than the first.
- I liked the amount of group and individual activities, I wouldn't change that much.
- Christina was difficult to follow - she was fast and didn't follow the book.
- Maybe include inspirational quotes from modern female leaders.

6. General Comments

- Lunches were great, the flow of the program and organization was great! Thank you for the great, empowering experience!
- Very insightful workshop. I enjoyed listening to the speakers. It was very interactive & engaging.
- Effective workshop; I really enjoyed it and learned lots of things that I will use to improve myself.