

# *Average Ratings Per Each Course and Date*

*Q # Question*

*Avg Rating*

## **Jump Out of Your Comfort Zone - Land in Your Life - 9/2/2009**

1.	What is your overall rating of the course?	4.56
2.	How do you rate the course content?	4.56
3.	Course materials were clear and understandable.	4.63
4.	Training aids helped to make the course clear and	4.63
5.	How do you rate the arrangement (order of the subjects) of the	4.72
7.	How do you rate the instructor?	4.74
8.	The instructor knew the subject matter of the course?	4.91
9.	The instructor promoted discussion and participation.	4.87
10.	The instructor spoke clearly and understandably.	4.87

*Total number of applicants completed this survey: **32 - 84%***

*Total number of participants for this course and date: **38***

# *Comments Per Each Course and Date*

## **Jump Out of Your Comfort Zone - Land in Your Life - 9/2/2009**

### **1. What part of the course was most valuable to you?**

The positive feelings of the workshop.

Amygdala hijacks - flight, flee, freeze, plea.

Thinking expansively and learning to take risks.

Advice on how to beat the internal thinking that becomes harmful to ourselves.

Learning how to recognize and bring self out of a downward spiral.

The list of limiting strategies.

Addressing my personal fears and comint to terms with them.

Addressing the difficult situations

Talking with peers and interaction.

Helped me identify and address my limiting beliefs or "rocks".

Working in teams and their input

Being able to identify self-defeating thoughts and learning to reframe negative thoughts. Being able to interact with a group and to be honest about insecurities.

Helping to understand what my fears are so that I can move on from them, which will help me succeed.

The interaction was the most rewarding.

Learning self

The entire course was awesome!

Exercise about dropping the rock.

Practice your power.

How to divert thinking to keep you from staying on a downward spiral.

Dropping the rock and empowering you.

Everything. This was the best training class that I have attended as an SSA employee.

All of it!

Limiting your beliefs.

Identifying my rock and how to get rid of it.

It was great sharing my groups concerns and fears. I value learning how to stay positive during negative times.

Getting rid of my limiting beliefs and really everything in the course. Also letting go of my rock.

Interaction to discover something about ourselves.

Everything

Her energy and real life examples

Every single part

Situation + Response = Outcome

### **2. What do you suggest we add to or omit from the course?**

N/A Excellent presentation.

Add more time.

N/A

This course was perfect.

I think it was great.

Add even more interaction.

The course had useful information and it was all relevant.

I absolutely loved this course and would recommend it highly!!

The course was flawless!

It was fine the way it is.

All material reviewed, was needed to make the training a success.

Expand it to get an even deeper level of understanding.

Nothing

Add more time so we can obtain more information from her.

Nothing -- It was so great !

Keep it the same

Nothing

### **3. Do you have any comments about the instructor?**

She allowed us to share with one another.

Wonderful instructor!!

Excellent and engaging presentation.

You are a fantastic trainer! Thanks for sharing your very personal story with us. It was so inspiring!

### **4. Can you apply what you have learned to your job? If Yes, explain now. In not, state why.**

Most definitely. Lots of good leadership skills and advice.

Yes, teaching people about their comfort zones and how to think expansively.

Yes, it will make me think more about my reactions and focus.

Yes, It will help to recognize and overcome obstacles.

Yes, understand others have something going on.

Yes, I can apply the power optimism technique.

Yes, by learning how to grow.

Yes, reframing difficult situations.

I can directly apply this to the way I deal with co-workers and management.

Yes, I know how I can react with others suffering.

Yes, It helped me to understand myself better and through the interactive lesson, I gained a better perspective of the direction of my career.

Yes. I can learn to turn negatives into positives and find the courage to take risks.

Yes, trying to remain positive or find the positive in every situation.

Yes! Working with staff.

Learn how to deal with various situations in a positive manner.

Yes, and to my personal life as well. To always be positive in everything that I do.

Yes.

Yes. I liked the part about breaking the rock and letting go of our limiting beliefs.

Yes, finding ways to not limit my potential.

Yes. How to take on risk and grow in a healthy manner.

Yes - personal/professional applications.

Yes. I think it will help me relate to people better.

Yes, I can apply it to my job to empower others and myself.

Yes, b/c as a leader and as a team member, one has difficulties and learning to deal w/them and maintaining positive is very important.

Absolutely!

Yes. Try to problem solve for others all the time.

Yes

Yes to work, but more importantly to my life..and THAT, influences my work.

Yes. This course will help open my mind to take more risks and think more positive.

Yes, I learned to identify areas of no control where I can influence and control my response.

### **5. What type(s) of additional training do you need?**

More writing workshops.

Leading people, getting people on board.

Accountability

Perhaps learning to use this in communicating in a business environment.

More management and crossing over into leadership training.

Public Speaking class and Presentations

### **6. Additional comments or suggestions.**

Definitely needed.

She has done an excellent job with handling distractions.

This course mixed with communication course.

This was an outstanding presentation. Dr.Lightman is very inspirational! Brought a practical message to us in her presentation.

Excellent session - as a manager I feel all managers should have this training no matter how long in the position.

Her belief and enthusiasm on the subject is contagious.

Excellent/Best one here.

I think the study you referenced about married couples staying together has a lot more to do with how conflict was resolved.

Great!! Thanks for the discussion on this subject matter. Bring her back.

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