

ARISE 4 Change TRAINING – Day 3 EVALUATION Survey Participants: 42

WASHINGTON DC

April 26-29, 2011

			No	Yes	Exceed
Were training expectations met?			7%	74%	19%
TRAINING	SD	D	N	SA	A
Happiness is a choice.				14%	86%
90% of all communication is non-verbal.	7%	14%	12%	7%	60%
I plan to use the information I've learned at work.			2%	12%	86%
I plan to use the information I've learned at home.			5%	17%	79%
This training will help me improve my personal relationships	2%		7%	31%	60%
I learned tools that will help me become a happier person.		2%	12%	21%	64%
ARISE SENIOR TRAINER	SD	D	N	SA	A
The trainer stimulated discussion by asking thought-provoking questions, using relevant examples & conducting interactive exercises.			2%	12%	86%
The trainer was knowledgeable in the subject matter of the training			2%	7%	90%
The pace of the training was comfortable			2%	7%	90%

ARISE Foundation

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SD - Strongly Disagree
 D - Disagree
 N - Neutral
 SA - Strongly Agree
 A - Agree



ARISE 4 CHANGE TRAINING – Day 3 PRE/POST Survey

WASHINGTON DC

4/26-29/11

Pre-Survey - (Participants: 46)

Pre-Survey - (Participants: 40)

Ratings on a scale of 1 to 5, where (5) is Strongly Agree, (4) is Agree, (3) is Neutral (2) is Disagree and (1) is Strongly Disagree.	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	1	2	3	4	5	1	2	3	4	5
Emotions are contagious, like a cold virus	7%	4%	28%	33%	28%	5%	5%	10%	20%	60%
My thoughts & feelings influence everyone I come in contact with.	7%	4%	35%	26%	28%	5%	3%	13%	38%	43%
Being thankful has no effect on my happiness.	46%	15%	15%	9%	15%	45%	15%	5%	23%	18%
When an injury is done to us, we will never recover until we forgive.	9%	15%	13%	30%	33%	3%	3%	5%	28%	63%
My body language says more than my words.		7%	20%	30%	43%			5%	33%	63%
Smiling can improve my health.			7%	39%	54%		3%	5%	20%	73%
Empathy is communicated when I listen without judgment.		2%	24%	39%	35%	5%	3%	3%	13%	78%

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