

**Training Date:** 9/8 - 9/9/10 **Location:** DEPARTMENT OF JUVENILE JUSTICE/PROBATION OFFICERS

<b>ARISE Drop it at the Door (Days 1 &amp; 2) Training Evaluation</b>					
Total attendees: 19		No	Yes	Exceeded	
Were training expectations met?			16%	84%	
			3	16	
<b>TRAINING</b>		SD	D	A	SA
I am better able to "drop it at the door" after this training.				26%	74%
I understand that I have a choice in how I react to anger & stress.				16%	84%
I can see myself using the information I've learned here at work.				32%	68%
I can see myself using the information I've learned here at home.				32%	68%
This training will help me improve my personal relationships.				42%	58%
This training provided usable tools to help me handle anger.				37%	63%
<b>ARISE SENIOR TRAINER</b>		SD	D	A	SA
The trainer encouraged discussion by using relevant examples, asking questions & conducting interactive exercises.				5%	95%
The trainer was knowledgeable in the subject matter of the training.				5%	95%
The pace of the training was comfortable.					100%

**ARISE** Foundation  
 824 US Highway 1, Suite 240  
 North Palm Beach, FL 33408  
 Toll-free: 1-888-680-6100  
 at-riskyouth.org

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



**Training Date:** 9/8 - 9/9/10 **Location:** DEPARTMENT OF JUVENILE JUSTICE/PROBATION OFFICERS

**ARISE DROP IT AT THE DOOR (DAY 1) PRE/POST SURVEY**

ITEM	PRE SURVEY				POST SURVEY			
	SD	D	A	SA	SD	D	A	SA
1. I understand that I have a choice in how I react to anger & stress.			24%	76%				100%
			4	13				19
2. Anger is a secondary emotion; there is always a feeling that comes before anger.	6%	12%	41%	41%			16%	84%
3. Anger is a bad emotion that should be avoided.	18%	47%	24%	12%	21%	37%	26%	16%
	3	8	4	2	4	7	5	3
4. Too much anger can hurt your physical health.	18%	6%	29%	47%				100%
	3	1	5	8				19
5. Angry people can never change the way they handle anger.	47%	47%	6%	0%	47%	26%	16%	11%
6. Stress is related to anger.		6%	59%	35%			21%	79%
7. You can manage anger through making better choices.			59%	41%			11%	89%
8. You choose the way you respond to difficult situations.		6%	47%	47%			5%	95%
9. People have triggers that can help them recognize when they are becoming angry.	6%		47%	47%			16%	84%
10. It is important to be as interested in your reactions as you are in the situation or person that caused you to react a certain way.			47%	53%			26%	74%
11. If you choose to think about all the negatives, you'll get negative experiences.		18%	53%	29%			37%	63%
12. My attitude affects my family, friends & co-workers.		12%	41%	47%			21%	79%
13. I can control most things in life, including my relationships & career.	6%	18%	47%	29%	16%	26%	26%	32%
14. If you had a tragic or difficult childhood, you probably will live an angry life.	41%	29%	24%	6%	58%	21%	16%	5%

**ARISE** Foundation  
 824 US Highway 1, Suite 240  
 North Palm Beach, FL 33408  
 Toll-free: 1-888-680-6100  
 at-riskyouth.org

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



**Training Date:** 9/8 - 9/9/10 **Location:** DEPARTMENT OF JUVENILE JUSTICE/PROBATION OFFICERS

**ARISE DROP IT AT THE DOOR (DAY 2) PRE/POST SURVEY (TOTAL #: 19 )**

ITEM	PRE SURVEY				POST SURVEY			
	SD	D	A	SA	SD	D	A	SA
1. Happiness is a choice.			21%	79%			17%	83%
2. 80% of all communication is non-verbal.		11%	58%	32%	17%	11%	28%	44%
3. What you think about most is what you get in life.		16%	68%	16%		6%	44%	50%
4. If you stop thinking about the hurtful things in your life, they can go away.	5%	37%	47%	11%	6%	6%	72%	17%
5. Lecturing to someone is a positive conversation tool.	5%	63%	32%		56%	28%	17%	
6. Your thoughts & feelings influence all those you come in contact with.		21%	47%	32%			61%	39%
7. The words you say to someone play only a small role in how your message impacts the person.	5%	37%	47%	11%	17%		56%	28%
8. You choose the way you respond to difficult situations.			32%	68%			22%	78%
9. Negative body language leads to negative thoughts.		16%	53%	32%			44%	56%
10. The more you smile, the more positive reactions people will give you.		5%	37%	58%			22%	78%
11. Your thoughts affect your family, friends and co-workers.		16%	58%	26%			39%	61%
12. A word is so powerful that one word can change a life or destroy the lives of millions of people.	5%	16%	47%	32%			22%	78%
13. If you change your body language, your thoughts will change.		21%	63%	16%			39%	61%
14. You unconsciously mirror the facial expressions & feelings of those around you.		16%	68%	16%			44%	56%

**ARISE** Foundation  
 824 US Highway 1, Suite 240  
 North Palm Beach, FL 33408  
 Toll-free: 1-888-680-6100  
 at-riskyouth.org

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

