

**Center for Dependable Strengths – East Coast Region
Summary of Evaluations
Conducted at University of Maryland, Baltimore County
January 7-11, 2008**

12 participants (four year colleges and universities; community colleges; department of parks and recreation; department of social services)

Evaluations: Level One - Participant

	Very Much	Some	Not Sure
* I learned new things about myself	11	1	
* Raised my self-confidence	5	7	
* Increased by ability to get a job	11	1	
* Revealed overlooked talents or skills	8	3	1
* Given me increased hope	9	3	
* Made me clearer about my Dependable Strengths	10	2	

Comments

What would you say to a friend who asks, “What happened at the Dependable Strengths program?”

- That it was intense work that resulted in me seeing and being able to articulate my experience in a new way.
- Learned a lot about myself that I’ll use in the future and has provided me with great “food for thought.”
- DSA will allow you to access information about yourself that may have been previously hidden. This new attitude of self will help shape the use of dependable strengths in your life’s work or mission.
- I had a chance to revisit with myself and reconnect with my essence. The peer assisted process helped me to reflect on who I am as an individual and in a small group.
- Definitely thought provoking, not in the intellectual sense but personally and psychologically. A rare training opportunity. Definitely a journey of exploration.
- Dependable Strengths workshop is a worthwhile program. It is priceless. Life saving. ☺
- It will give you a new and different way of how you look at your strengths.
- I would tell them that you will be provided the opportunity to examine your life and look for examples of experiences you’ve enjoyed and then learn to examine these experiences to look for patterns or themes that depict your skills.
- It challenged me to reflect on hidden strengths as well as strengths that I have avoided using and asking why that is.
- Self evaluation, raised/will raise awareness of value and strengths. Helps to uncover strengths that may have been buried by current situation, open eyes to a new path, career, life!
- I started the process of identifying my dependable strengths and assessing what are truly good experiences.
- I would say that I got some excellent tools to provide to BCCC students. These tools will help many of those students to begin to connect the dots and fill in the blanks in their lives.

What are the two most important things you gained from this workshop?

- The process of identifying dependable strengths and considering the landscape of possibilities (thinking beyond the 9 dots).
- 1) insight 2.) tools
- Knowledge that I have always used and continue to use my strongest strengths. Uncovered some “lesser” strengths that I will be developing.
- More insight into myself. A different way of presenting myself via. focusing on strengths.
- Opportunity to reflect on my life. Push and encouragement to contemplate the journey my life will take in the future.
- A new confidence and a new way of viewing my strengths.
- Selling yourself. Know yourself.
- Explanation of my strengths and a tool to activate some changes.
- I learned how important giving and being helpful is to me. I was able to clearly vocalize what I don’t want to do --- I didn’t fall into my role in the small group project. I calmly calmly refocused my colleagues as to the strengths I wanted to use.
- Clarity of dependable strengths. Peer network.
- Reprioritizing my “strengths” to align with what makes me happy. Focusing on well rounded “strengths” not just “employment.”
- Amazing to say but it would be the contact I made who was excited about me, my report and my potential to work in museum education. The second would be the group with whom I made the journey.

Other comments?

- I look forward to using this process with my students.
- Thank you!
- Great...you two are great facilitators
- Training itself was very well conducted, very different to other training I have taken part in.
- An excellent workshop
- Excellent program. Could see the value in Dependable Strengths II session to help dig deeper and crystallize our strengths.
- The two facilitators are outstanding with many obvious dependable strengths.

Evaluations: Level 2 – Instructor Training

This training for DSA Instructors has:	Very Much	Some	Not Sure
* Helped me understand the DSA process	12		
* Prepared me for planning and implementing the DSA process.	12		
* Helped me clarify and articulate my own Dependable Strengths	12		
* Given me new ideas about how to help others find work	12		
* Helped me learn new things about myself.	9	3	
* Been a valuable experience for me	12		

What would you say to a friend who asks, “What happened at the DSA training?”

- Something powerful! The opening of a new tool box with tools to unleash my true self and potential with a light to guide me on into the future on a path fulfillment.
- Helped me to understand the process and solidify some questions on the process. Helped synthesize the process and great tips.
- You had to be there. I could describe it as enlightening, but that isn't quite rich enough.
- I have just embarked on a new journey that will help me in my quest to empower others to have a great life.
- It was a new peer approach of discovering your strengths with your good experiences to reach our full potential.
- I learned how to change people's entire way of looking at their skills and the career/goal setting process.
- Do it NOW!
- I discovered some secrets about myself that I can express to others now, namely, my strengths and value.
- I gained the knowledge, resources and confidence to organize a program to teach this process to several groups of people.
- Gained knowledge and skills necessary to immediately implement a DS workshops with one of my constituent groups. Unlike other training, I am leaving with practice and steps completed.
- I would tell them that I left the training a stronger more confident person, very much aware of the personal strengths that I have to offer and share.

Thinking back over the FULL five-day workshop, what TWO things have been most helpful in preparing you to lead DS with your constituents?

- Giving participants the time to create marketing tools and create plan for first session – a lot of good ideas and feedback. Actually going through the training to recognize my own strengths and understand the feeling that students will feel when their light bulbs go on!
- Thinking through, discussing, developing and finalizing my first workshop. Relationships formed – I know I can really pick up the phone and get good advice and help – I know their strengths.
- Identifying and reflecting on my own strengths. This is something that has been overlooked in my life for several years. The materials (exercises and manuals) along with the opportunity to see and practice the exercises.
- Experiencing the field work (report, job magnet). Working in the quad and getting feedback from peers.
- Discovering yourself. Maximizing your full potential.
- Completing the DS workshop myself. Walking through the different steps.
- Working in quads and discovering the good experiences and strengths of my group. Appreciating the involvement of the group and personal experiences.
- The increased knowledge and tips of facilitation of the DS process. Identified a network of support in facilitating the DSA process.
- Bonding with so many others who can be supportive.
- The manual and the discussions.

- Making the connection to such dynamic people who I feel comfortable with and know will be a resource. Connection with the empowering facilitators and getting their support and encouragement.

Comments

- Excellent, Excellent – inspirational and renewing. Many thanks!!
- Loved this week!
- I feel a real connection to this process...I will use it and respect it and hopefully bring honor to it. Anne and Mary are not only great facilitators but a demonstration of a great human spirit.
- Thank you!