

WORKSHOP ATENDEES COMMENTS

What were the most helpful things about the workshop experience?

- ❖ Nothing really I'm still not working.
- ❖ Everything.
- ❖ It gave me something to try to think how I should be feeling and thinking.
- ❖ The information that I receive about me was very helpful.
- ❖ Putting what you need to do on paper seeing it and going through steps to make it possible to accomplish our goals.
- ❖ Group decision.
- ❖ Knowing you can change for the positive and not always be here.
- ❖ All the information was very helpful in programming mind into making my goals come true.
- ❖ It helped me learn different things about myself.
- ❖ Self-governed lifestyle.
- ❖ Self-governing and about the different governs.
- ❖ The hidden rules.
- ❖ The rules; /how to be a self-governed person.
- ❖ I liked everything.
- ❖ How to reach goals which way in life to go.
- ❖ About the three stages of class and the different ways they think.
- ❖ I have a better outlook on our poverty life and how the government works for us.
- ❖ I learned a lot about what it takes to stop living in poverty.
- ❖ Self-governed lifestyle.
- ❖ Feedback.
- ❖ Makes you think about different things, I like the stress techniques.
- ❖ Stress relief.
- ❖ The other students.
- ❖ Knowing that I will have the help that I need to reach my goals.
- ❖ Learning to have patience and take care of myself.
- ❖ All of it!
- ❖ Breaking things down so everyone understood.
- ❖ How to come out of poverty and live a self-governed life. I like the class very much; Charlee and Mary are good ladies. THANK you! Mary & Charlee.
- ❖ It made me realize that I need to make it for me and my son. I think I will feel good about myself for once.
- ❖ The handouts & the assessments.
- ❖ Everything including Charlee.
- ❖ That there are resources out there that can help me & my family become self-sufficient.
- ❖ It changed my way of thinking on a lot of things.
- ❖ Learn skills.
- ❖ A deeper understanding how it works and where I fit in and don't fit.
- ❖ Everything.

What were the most helpful things about the workshop experience?

- ❖ The decisions and point of view from everyone, plus I learned something about hidden rules.
- ❖ Explaining how to be self-govern and learning how to do debt/income ration.
- ❖ Gives my honest view on things. Thank you for treating us with respect.
- ❖ Different technique thought it was great. Better than usual Jet program. Everything was helpful not looking forward to going back to regular program. Good job!
- ❖ Everything was very helpful.
- ❖ Well, I love the workshop Charlee and Mary was very very nice ladies.
- ❖ I believe everything was useful here was a lot of good insight. (thanks)
- ❖ I learned the most helpful things about myself.
- ❖ How to manage through everyday life in the business world.
- ❖ Anger management.
- ❖ That I am self governing.
- ❖ Learning more about myself (things I didn't know).
- ❖ A new tool to work with, more to work with, relate to others, broader thinking & being open.
- ❖ Delay with stress and decision making to have a self governed lifestyle.
- ❖ I learned the most helpful things about myself.
- ❖ Nothing.
- ❖ I learned how to get out of poverty.
- ❖ Opening my mind to think different and wanting a better life and not have to be depending on the government for help.
- ❖ Thoughts = words = actions and how we are living a communist lifestyle.
- ❖ Changing my thinking.
- ❖ To help change my thinking.
- ❖ I learned a lot of new things.
- ❖ Everything. The budgeting, the information about poverty and the way it was very helpful. The module about planning from poverty and prosperity.
- ❖ Cost of living promptly knowing what's out there in life.
- ❖ Learning new things.
- ❖ Learning how you were in debt.
- ❖ When I had the chance to assess myself and assess my resources. I think it was a very good program.
- ❖ All of it.
- ❖ Finding out information that I would have never known.
- ❖ That it helps me figure out what I need to get done how to get it done and in a certain amount of time.
- ❖ Discussing and writing out the mental models.
- ❖ Help me with my goal.
- ❖ I like the fact of the different opinions.
- ❖ Finding my resources and being able to make them more accessible to me. The budgeting and bonding capitals. It seemed to be very helpful and interesting to find out the hidden rules of the system.

What were the most helpful things about the workshop experience?

- ❖ How to budget money and stay out of poverty. Every bit of it was helpful. Thank you for making me go one step higher.
- ❖ I could see and understand the poverty & middle class stand point.
- ❖ Got to learn some new things about our social & economic system.
- ❖ It helped me to change my life.
- ❖ The 11 hidden rules and how to stop things, power and how to change how you can change your attitude.
- ❖ The ideas they gave me.
- ❖ It gave me some ideas on what to do and who to turn to. It was all helpful actually.
- ❖ Some of this or some of that.
- ❖ Showed me a new way of thinking about me, the system.
- ❖ Learning about my strengths and what companies can and cannot do.
- ❖ All the information plus the whole factor that we should be able to get out of poverty with a positive we can do it attitude.
- ❖ It really showed me my shortcomings and how to change the way I think. The only way to change your life is to change your thinking.
- ❖ Planning & thinking bigger. Great class – very informative.
- ❖ You focused on your goals in life.
- ❖ Rise-up.
- ❖ How to respect others and myself.
- ❖ Changing my thinking will greatly influence my health & success. Thank you.
- ❖ My integrity. I will always have it if I do what I say.
- ❖ Under stress affects you physically.
- ❖ Learned to take responsibility for myself and not blame others. Have a good day.
- ❖ To govern myself and not let outside things affect
- ❖ Integrity does what I say.
- ❖ Self-governed-lifestyle.
- ❖ Take account for my action.
- ❖ I learned about the different resources that are available out there.
- ❖ To self-govern.
- ❖ Being s-m-a-r-t.
- ❖ Everything.
- ❖ Democracy is a discipline.
- ❖ How do you use all you have to make it work. Life is what you make it and only now much fight you have in you to go on.
- ❖ Coping with stress, how to deal with other situations as they come in your life.
- ❖ The poverty chart helped me to visualize just how many obstacles I really have.
- ❖ How to be successful.
- ❖ It's a white man's world.
- ❖ Some of the different resources.
- ❖ Steps to get to where you want.
- ❖ S.m.a.r.t. to reach your goal.
- ❖ Self-govern lifestyle.
- ❖ The different styles of stress.

What were the most helpful things about the workshop experience?

- ❖ How to handle stress. I enjoyed this class and hope that future class learned what I learned. Thank you.
- ❖ How to deal with emotions.
- ❖ The emotional addiction.
- ❖ Feeling messages.
- ❖ The stress techniques.
- ❖ Healthy ways to deal with stress.
- ❖ How to cage my rage.
- ❖ To reach out to others and stay positive.
- ❖ Be true to yourself.
- ❖ Reflecting on positives.
- ❖ Everything was helpful.

What was least helpful?

- ❖ Everyone's nice and tries to be helpful but the form of this program really isn't helpful. Its Work 1st not psychological changes. But Charlee is awesome.
- ❖ I felt the class was very informative and helpful...I am looking forward to working with Goodwill Ind.
- ❖ Was all the talk about poverty. It made me feel like I was being judged everyday.
- ❖ I wasn't here everyday like I wanted but it still became a useful outlook on my actions. Thank you for taking the time to help others.
- ❖ Done.
- ❖ Keeping up with clients also.
- ❖ N/A.
- ❖ I didn't find that was helpful because everything was very helpful.
- ❖ Attitude module and value.
- ❖ Financial discussions.
- ❖ Module 2 not present.
- ❖ Timeline, there's no need to go into the past. We're trying to better out futures.
- ❖ Nothing.
- ❖ Nothing everything helped me out.
- ❖ It was all very helpful.
- ❖ All the module had value.
- ❖ Nothing. This class was a great experience.
- ❖ Keep up the good work.
- ❖ I really enjoyed the class.
- ❖ It all was helpful.
- ❖ None.
- ❖ Nothing I loved the class. (Should have had more snacks, ha ha)
- ❖ The least helpful is when we ask a question or for advice and are told you just have to look/work harder. I think the staff needs more knowledge on the other aspects of the participants.

What was least helpful?

- ❖ Nothing that I can think of it was all very helpful.
- ❖ Nothing, keep up the good work.
- ❖ Nothing, everything was helpful.
- ❖ Excess talk about nothing.
- ❖ All was helpful in different ways.
- ❖ I don't think there was! Very good class.
- ❖ Nothing, everything was helpful.
- ❖ Nothing.
- ❖ None.
- ❖ Everything was helpful.
- ❖ The first week was a waste of time. Overall I think this program is great.
- ❖ Nothing.
- ❖ The least helpful thing to me was the budget plan but it is important because you can keep up with your bills and everything else but I don't know how to use them!
- ❖ Everything was helpful to me.
- ❖ Doing the mental model of ourselves.
- ❖ Everything was helpful. Thanks.
- ❖ Nothing at all. This program was more helpful than any other.
- ❖ I found nothing yet.
- ❖ Most was helpful.
- ❖ Not sure.
- ❖ Almost everything.
- ❖ Nothing.
- ❖ Some of the poverty written subject, I didn't agree with.
- ❖ Nothing.
- ❖ All of it was helpful!
- ❖ It was all helpful. A lot better than the Beckwith program because the different subjects that we discuss.
- ❖ Nothing was the least helpful.
- ❖ Nothing.
- ❖ I can't think of any other than the information on what I did not know about as far as laws & rules of the city's housing, etc.
- ❖ Helping with more openings. I really loved the program. Thanks.
- ❖ I didn't want to attend this class.
- ❖ When some of the students talk too long about their experiences. Stop them!
- ❖ All of classes were great.
- ❖ None.
- ❖ Everything was important.
- ❖ I think all of it was worth while to me in general.
- ❖ None.
- ❖ Living in poverty wheel.
- ❖ None.
- ❖ Managing anger only because it's not an issue for me so much.
- ❖ Treated people with respect.
- ❖ Poverty wheel knows what my resources are.

What was least helpful?

- ❖ Talking about what is unfair.
- ❖ Everything was helpful.
- ❖ Wheel of poverty.
- ❖ Everything was excellent and helpful.
- ❖ Nothing.
- ❖ None.
- ❖ All was good.
- ❖ Not sure yet hopefully all is helpful.
- ❖ Nothing.

Where are you in the stages of change?

- ❖ Action. I start my new job at Rite Aid Saturday, 01/27/07.
- ❖ Action. Get information & start classes.
- ❖ Getting prepared has not started working.
- ❖ Because you need to be prepared for stuff like this and be ready.
- ❖ I'm just starting out and learning new things.
- ❖ It's so easy to talk about but it takes hard work to do it.
- ❖ I'm taking action and doing everything that I could to complete my goals for me and children. Even though it's hard sometime. I enjoyed communicating with the ladies even though I could not participate everyday.

The workshops did not change my thinking. Please explain WHY

- ❖ My workshops impacted me very much. (positively)
- ❖ Most is fundamental thinking, common sense. Last day talking about emotions and memories is helpful.
- ❖ Open up my eyes to some new things.
- ❖ Yes, they did it. Made me really start looking for a change.
- ❖ Realized that I still have negative feelings about myself/they need dissolving.
- ❖ Because it made me realize I live in poverty.
- ❖ It did.
- ❖ It did change the way I think.
- ❖ The workshops impacted me very much. (Positively)
- ❖ Has made me more of a thinker.
- ❖ Yes, improve my thinking tremously.
- ❖ It did change my thinking.
- ❖ Workshop has made me more of a thinker.
- ❖ I truly did change my thinking.
- ❖ Yes but some of the things I had already knew.
- ❖ None of them I think all of them were helpful.
- ❖ Workshop has made me more of a thinker.

The workshops did change my thinking. Please explain HOW your thinking has changed.

- ❖ Didn't realize other people's opinions affected me so adversely.
- ❖ The workshops showed me where I am now and how to change my situation.
- ❖ Now I think about how important it is to reach my goals and get independent.
- ❖ It helped me realize that if you have the fire to overcome poverty you will.
- ❖ My out look on how the system works and on how our independent lifestyles are.
- ❖ It changed the way I look at life.
- ❖ I picked up a lot of pointers that has opened up my thinking even more than before.
- ❖ I've been able to see that my thinking is the source of my consistencies.
- ❖ Learning about people and their feelings.
- ❖ On a broader base, I am open to more encounter consciously, physically, mentally & spiritually.
- ❖ I picked up a lot of pointers that has opened up my thinking even more than before.
- ❖ I think more positive.
- ❖ To see the importance of changing and how to change.
- ❖ It changed my thinking because it showed me how poverty really is and it makes me want to become more independent.
- ❖ Wanting to get out of poverty accepting where I am changing the things that need to be changed in my life.
- ❖ Taught me how to set goals in small steps to achieve them.
- ❖ Never give up and always stay positive so you will have positive thoughts.
- ❖ I was always thinking positive but I always gave myself negative feedback. The workshops just push me more positive and how to keep it that way.
- ❖ I do not blame my environment for my problems. I have made bad choices which in turn have had repercussions. I am in change of my destiny. It has to be taken because nothing in life is given.

How likely is it that you will use the plans you made in your decision making?

- ❖ Implement these techniques on a daily basis.
- ❖ I will continue to think of new options.
- ❖ To help me achieve more.
- ❖ Power of positive thinking.
- ❖ Likely, I don't want to live in poverty. They allowed me to view my position in this life and gave me the knowledge on how to change.
- ❖ Likely, I would really like to get out of poverty.
- ❖ Likely, because it's what I have to do to have a better life.
- ❖ Likely, because it's something I need to be self-governed.
- ❖ It will make it easier to go for what I know.
- ❖ Likely, I most likely will stick to my plans if I push myself to do it.
- ❖ Likely will implement these techniques on a daily basis.
- ❖ Likely, because I will think more before I respond.
- ❖ I will use them all when needed. Better yet, I will use them in everyday life.

How likely is it that you will use the plans you made in your decision making?

- ❖ As often as (necessary).
- ❖ Likely.
- ❖ Likely because I want and need too.
- ❖ Likely, because I learned how to think more positive on how to set realistic goals.
- ❖ Likely, how to think positive no negative.
- ❖ Very well.
- ❖ I do not blame my environment for my problems. I have made bad choices which in turn have had repercussions. I am in change of my destiny. It has to be taken because nothing in life is given.
- ❖ I will be alright and have now put myself on timeline for school and work. I am going to Davenport now & in 2 yrs. Away form RN Degree.
- ❖ Continue to learn and practice.

I understand “**The Discipline**” and how it will enable to live a more free and independent life.

- ❖ Because through discipline I will be able to take advantage of the opportunies I get to the fullest.
- ❖ By doing what I said I’m gonna do, not getting upset and frustrated.
- ❖ Be responsible, stay encouraged don’t give up and Rise-up.
- ❖ I need to be responsible, have integrity, stamina, earn my way, be unstoppable and perceive.
- ❖ It has showed me a lot of different ways to think and look at my life.
- ❖ I you want to cause change in your life you have to start with yourself.
- ❖ To be able to take responsibility for myself.
- ❖ Respect, self-reliance.
- ❖ I am only as good as my action and word.
- ❖ Gained new knowledge.