

“How to Stay Strength’s Based”

Cynthia McCurdy

April 30, 2007 am

Attended: 16

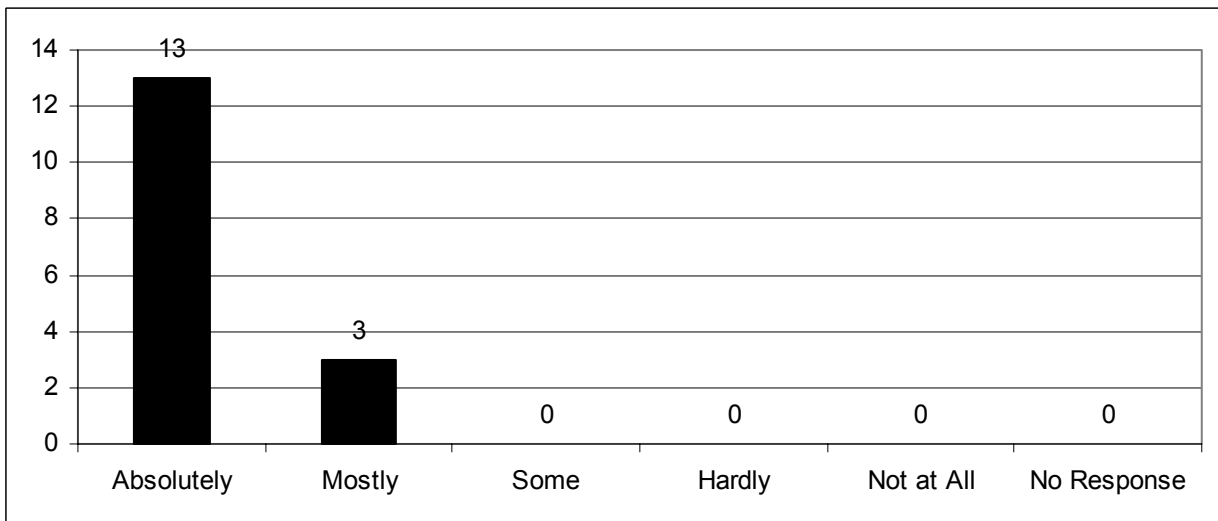
Number of Evaluations: 16

Summary of Individual Workshop Evaluations

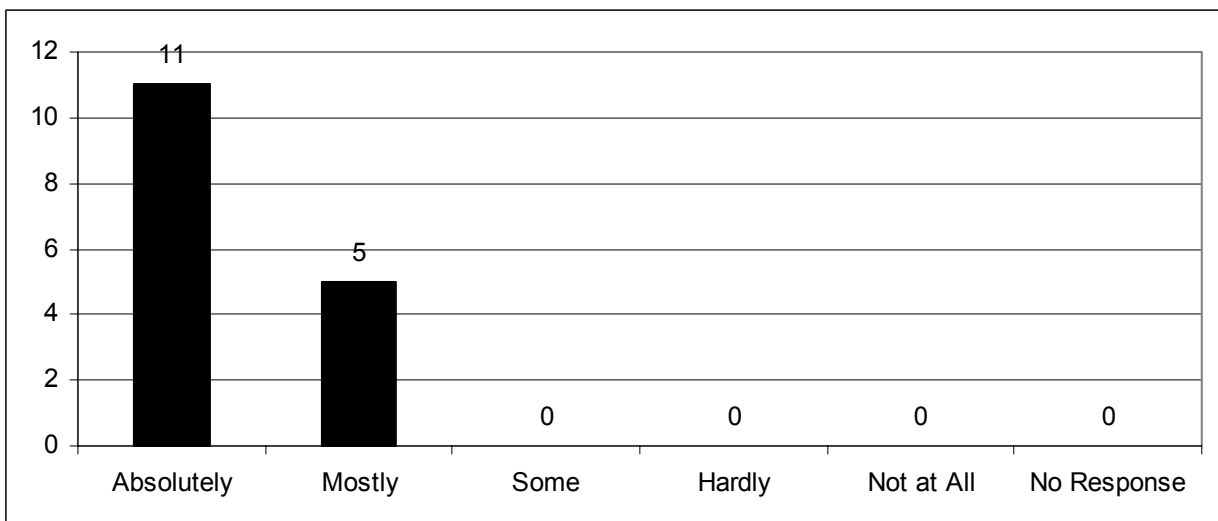
Training Objectives:

Participants will:

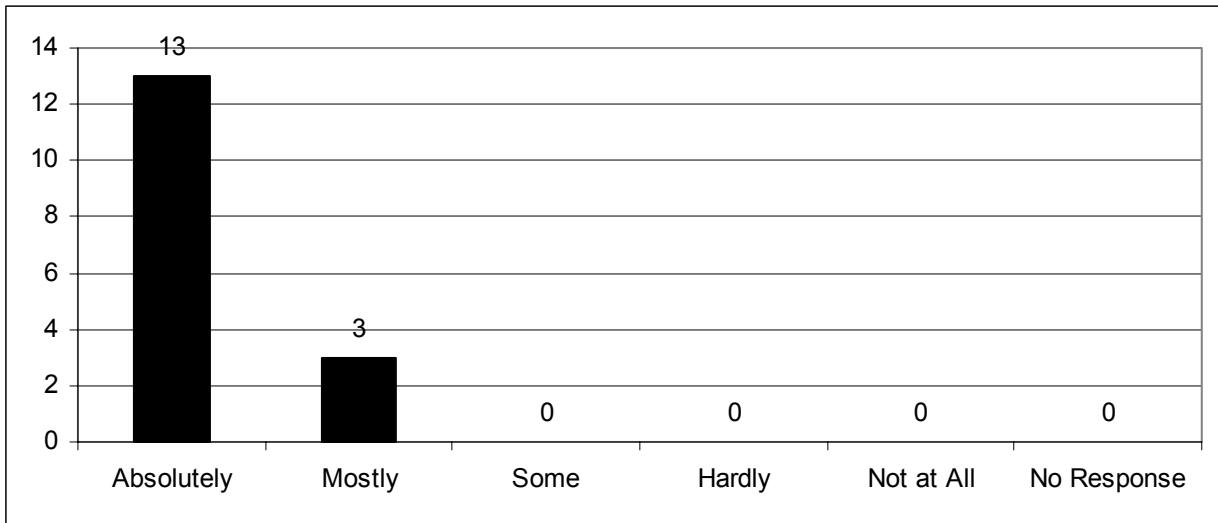
- 1. Develop positive ways to understand the importance of staying strengths based and how to apply it to everyday situations.**



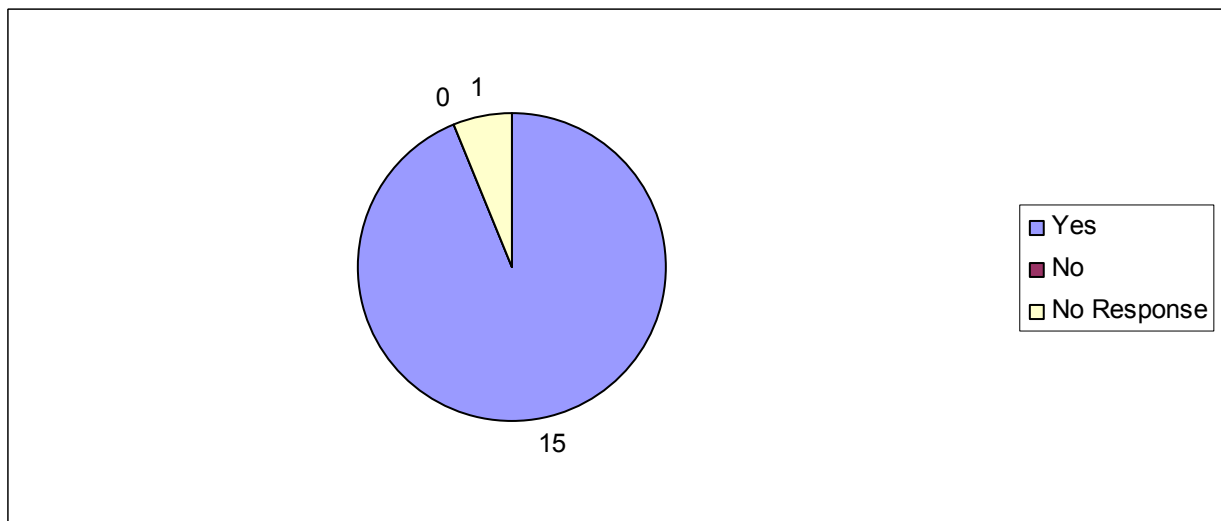
- 2. Increase awareness of how to apply strengths based techniques when working with families, community partners and providers**



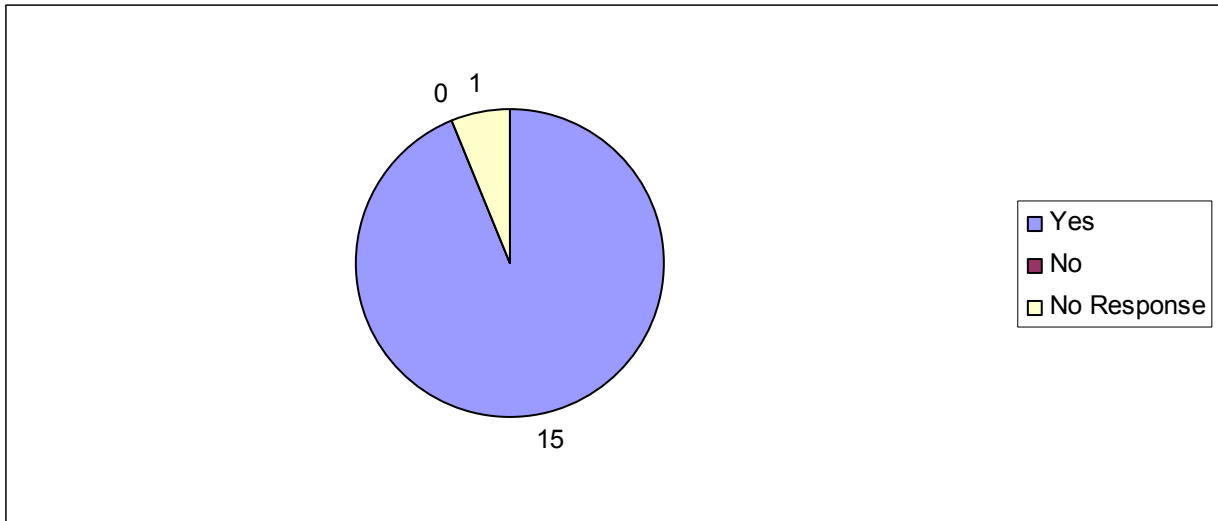
3. Gain a broader understanding of why it is important to focus on strengths based strategies in the System of Care.



Would you recommend this training to others?



Has this training resulted in you wanting to know more about this topic?



What were the best aspects of today's training?

- **The real life experiences that were shared**
- **The speaker – she has a magical, optimistic, and realistic approach to life!**
- **New ways to look at strengths**
- **The team building project. Other's ideas.**
- **Personal stories and interactions**
- **Increase in knowledge regarding topic**
- **I feel these are things that will help me in my personal and professional life.**
- **Quit taking it personally (Q-tip)**
- **Use of self- strengths**
- **Learning how to develop positive ways to understand the importance of staying strengths based**
- **Positive outlook**
- **Attitude**
- **Friendly atmosphere**
- **Brainstorming**
- **New ways to look at our strengths**

What is the one action you intend to take as a result of this training?

- **Using the 7 areas of strengths**
- **Separate the behavior from the person**
- **To move forward – be positive – think and focus on my strengths**
- **Having a better attitude in all that I do**
- **Smile – practice being positive and more strength based, start a good daily notebook, let all friends and family know I believe in them.**
- **Take this knowledge to me work to incorporate**
- **Attitude is everything**
- **Attitude and focus of people strengths**
- **Who I am, where I am going, and believe in myself**
- **Be more assertive help this child become more successful**
- **Look at the positives in everyday life**
- **Take it to the staff**
- **Be more aware of the strengths of others**

How could today's training have been improved?

- **Talk more about how to be strengths based as the caseworker**
- **I loved the training! Nothing needs to be improved that I can see.**
- **Multi-culture view points**
- **I would not change a thing**

Other comments and/or suggestions?

- **Excellent topic**
- **Thank you**
- **Thanks**
- **Stay positive; see the good things. It matters!**