

“How to Stay Strengths-Based”

Cynthia McCurdy

May 1, 2007

Attended: 16

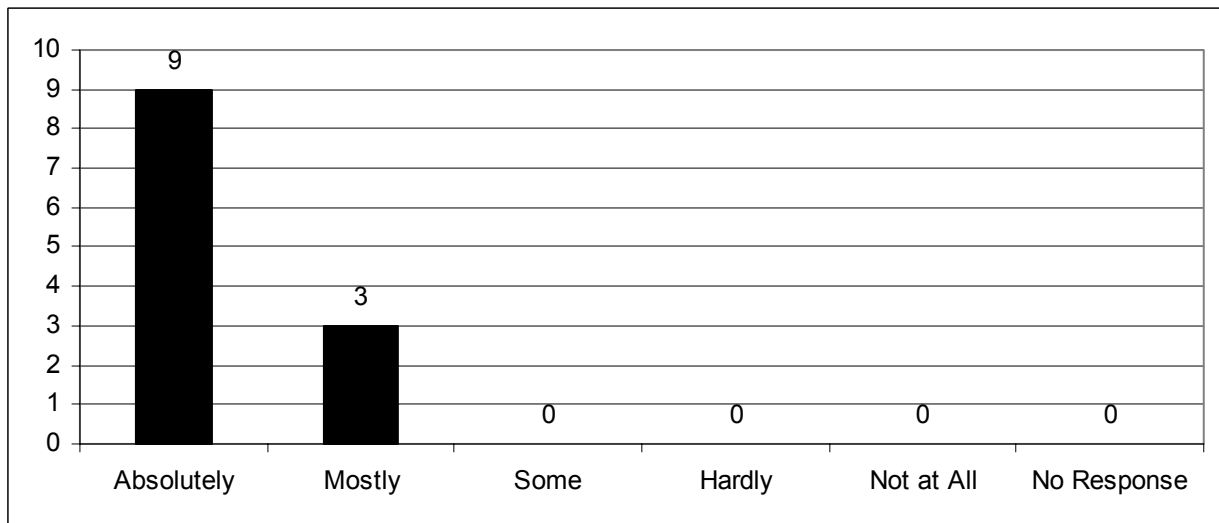
Number of Evaluations: 12

Summary of Individual Workshop Evaluations

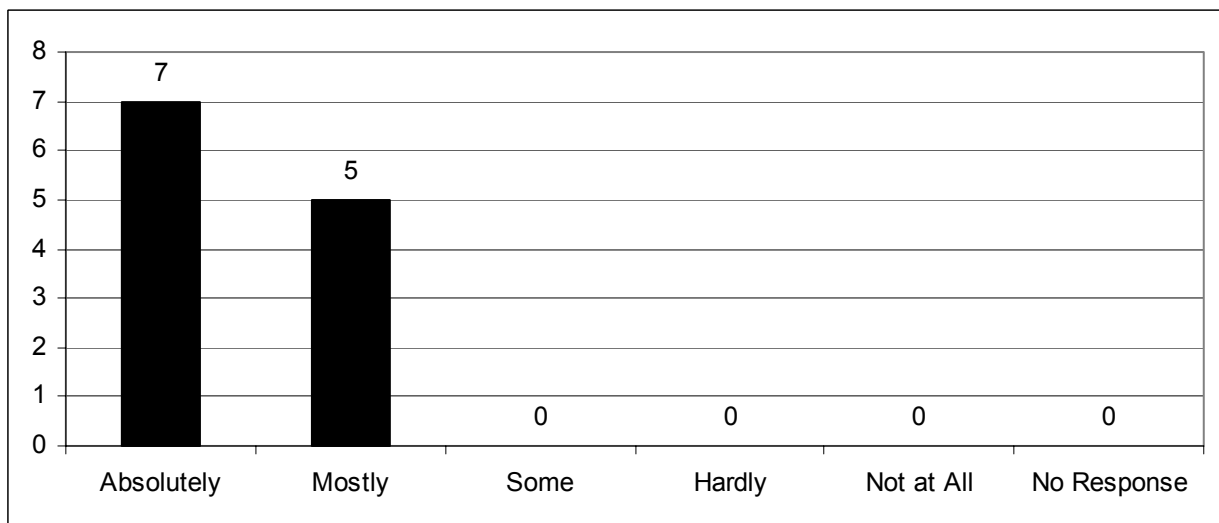
Training Objectives:

Participants will:

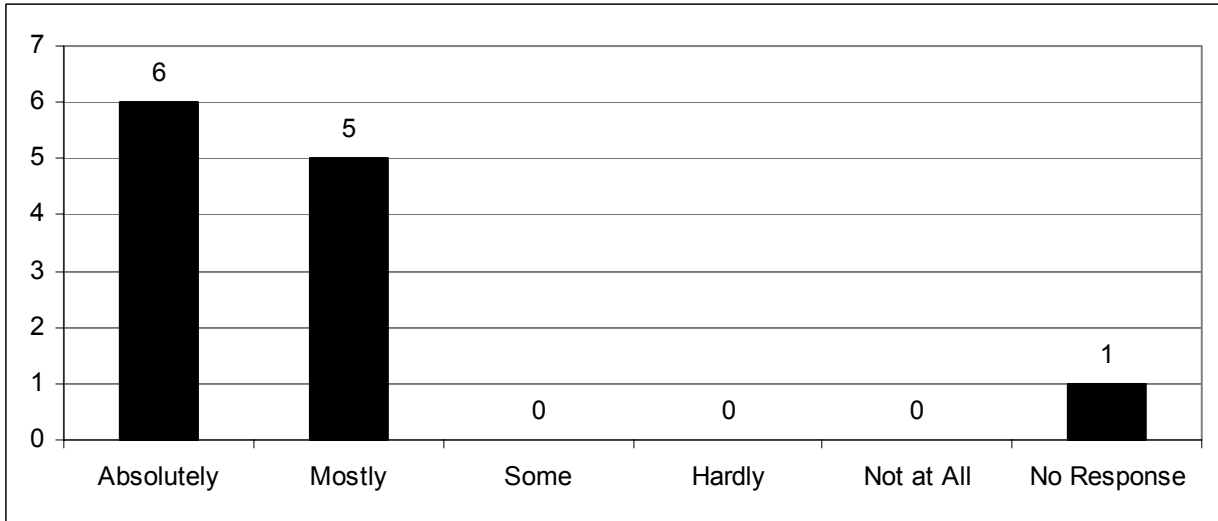
- 1. Develop positive ways to understand the importance of staying strengths based and how to apply it to everyday situations.**



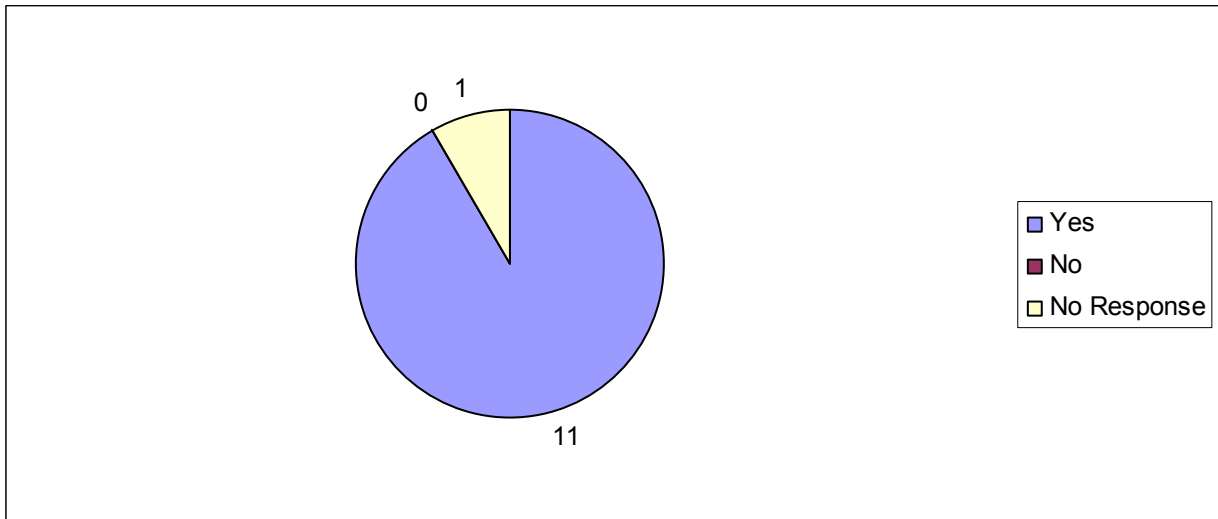
- 2. Increase awareness of how to apply strengths based techniques when working with families, community partners and providers**



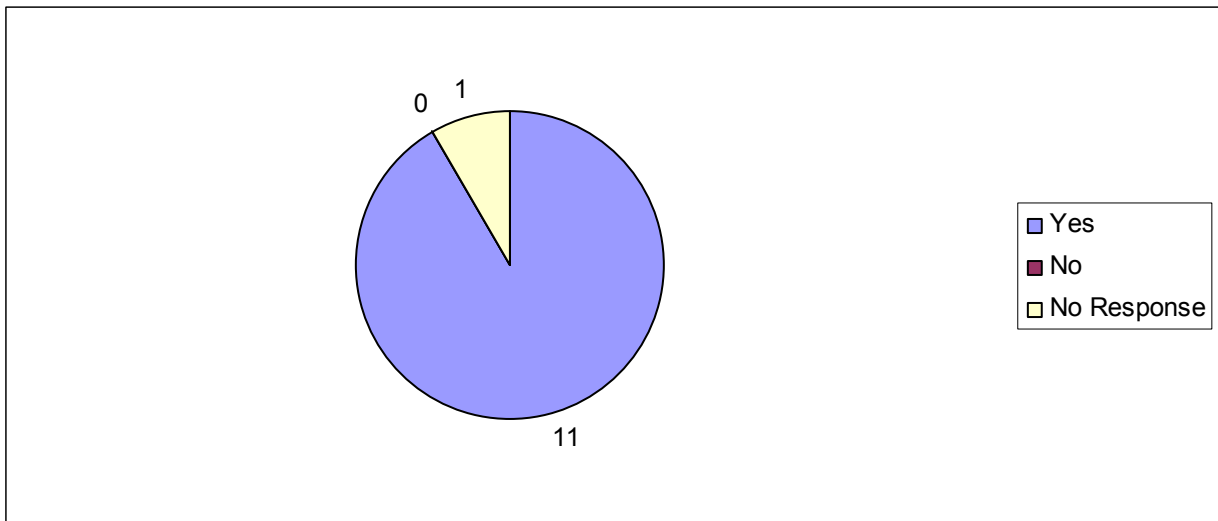
3. Gain a broader understanding of why it is important to focus on strengths based strategies in the System of Care.



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?

- **It was positive!!! And uplifting!!1**
- **Audience interactions – kept audience involved**
- **Stories/informal**
- **Strengths list**
- **Keep strong**
- **The group interaction**
- **List of different kinds of strengths**
- **I really enjoyed this session – it was the best of all**
- **Learning to find the positives in all situations**
- **Learning how to have a positive attitude**
- **Inspiration that I was given**

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

- **Be strength-based not deficit-based**
- **I will take an idea presented and use with a family I work with**
- **Renew and remind family members of their strengths**
- **Apply to individuals**
- **Find best in self and others**
- **Sharing the info**
- **Look more for positive**
- **Try and apply some of the new strength techniques learned**

- **To find at least ONE strength in my difficult parents**
- **Wake up with a positive attitude everyday and make each day the best day**
- **Ideals will be adopted into my life**

How could today's training have been improved?

- **Been longer**
- **Nothing**
- **She was wonderful**
- **Nothing**

Other comments and/or suggestions?

- **Great job!**
- **Print on handout could be larger**
- **Mrs. McCurdy did a great job and was very knowledgeable within the strengths-based approach**
- **Great presentation – knowledgeable presenter. Inspiring!!**
- **Great! Great! Empowering and motivating**
-