



The Journey Workshop - March 8, 2023
 Tarrant County College, Energy Auditorium, Fort Worth, TX

- 4 = Exceeded expectations**
- 3 = Met my expectations**
- 2 = Somewhat met my expectations**
- 1 = Did not meet my expectations**

SURVEY:

Number of Attendees 112 Guests & Non-Active Students 11 T- 3 Scholars 31

CATEGORY	4	3	2	1
The workshop's content was relevant	71	5		
Presenter's knowledge of content	70	6		
The workshop was engaging	73	4		

COMMENTS:

1. What was your greatest take away from The Journey and how will it benefit you at TCC and in your life?

It helped me be more motivated to figure out my journey. I've been struggling a lot lately and it pushed me to wake up and figure out the issue and stop making excuses for myself.
 Start taking the opportunities I have been given and get rid of all the distractions.
 Hearing stories of success from people my age (40's). The Circle discussion was helpful, and how to get away and move to a new/better Circle.
 I have been struggling lately, almost dropping out and I was made to come to this workshop and I'm so glad I did. This motivated me to be grateful, even through my hard times, and to keep pushing to complete my goals. This changed my mindset

completely and made me realize I've been up too easily.

The comparison of the two TCC's, only divided by one street but world's apart.

The reminder of managing distractions and understanding everyone's journey is going to vary.

I learned that I must have a vision before I can break apart into steps. This will force me to consider my academic and personal life more intentionally.

I learned that 'mindset' is very important. I am the only person who can motivate me.

A better way to take a re-look at my life and new steps to take.

It helped me realize many of my weaknesses and how I can improve.

My greatest take away from The Journey was to always keep going and never give up no matter what obstacles come your way.

The Journey was very encouraging. The presenter is very passionate and encourages us to keep going no matter way.

I learned that I am not in an impossible situation. I have to have motivation and tenacity in order to get what I want in life. It has made me think of the possibilities that can do with my life and has inspired me to give more effort towards my studies and my job as well.

The Circle of influence and how we need to change it.

I need to change my mindset. Use positive words to describe myself and my future. Stop making excuses.

It has inspired me to change the way I think and see things differently and do better.

Enthusiastic, motivational empowering outlook to keep everyone motivated. Reminiscence of how important college is. Hard work does pay off.

The greatest take away was the whole presentation. I'm first generation and I think very negatively of myself. I will work on myself to think positively of myself. Thank you.

Small goals lead to big dreams.

Life will happen and can distract you. However, as long as you are driven and goal-oriented, you can persevere. Everything that is worth it will be hard.

The heat is what makes! You must be bold! Excuses are the reason we fail!

The Journey made a great benefit by helping me see why I decided to return to school. It will help me from today and forward by waking up and telling myself each day, I will make a difference.

How powerful it was.

It's the focus on the fear that can be the hurdle that stops success.

That not matter where you are in your life, we can do anything we dream. But all we need to do is push ourselves.

I need to stop going back and falling into the Circle of excuses. It will allow me to take accountability and push me to do the work.

The entire experience was amazing and beneficial.

The side trips and how they could look. Speaker had key points and spoke wise advice that could help. Many of us lack empowerment. And I'm going to leave the workshop empowered! I felt like I was at church.

The setbacks I've gone through is only a setback if I don't work through it.

This is my second time coming. My first time was in 2019. This is the first time I have come back since Covid and I feel better than

ever to complete college. Amazing. Thank you!!

To get out that Circle. Just motivated me more to do what I imagine everyday. Thank you.

Look at the things that get in the way and clean out some things in my head.

To step out of the Circle that is holding me back. It will benefit me at TCC and in my life by realizing my full potential and to accomplish my goals.

The talk about the "circle."

I feel like the speech they gave was very motivational for me and really encouraged me to keep going and finishing college.

Learning about the Circles we live in and how the member of the Circle are not necessarily to enable or empower you. It is important to create new Circles.

The Circle was interesting to me, even though I had a teacher explain to my class about it. It keeps me motivated since I want to do something different from my family.

I need to stop making excuses and get my s____t together.

I don't attend here currently. I actually got dragged here by my cousin and now, I'm considering enrolling next semester.

What is holding me back, to what I can do to break free of those circumstances.

I am now able to break the cycle my family has been part of. I will benefit because the assumptions others have will not stop me.

Don't let your past and circumstances hold you down. The motivation to do and be better has to come from within.

I really appreciate the speaker and his stories, and the way he spoke to us.

Never let an opportunity pass.

Definitely enjoyed the steps, goals, and path it takes for everyone to reach their goals. Stay positive and keep pushing forward.

How not to let my Circle define how and what I do with my life.

Use the tools and resources available. Use fear as a motivator. Be afraid of never trying enough. Writing and reading are essential.

The positive talk and the declaration of what I am and what I am not.

The enabler vs. empowering; know the differences changes the way you handle situations and the outcome.

I really enjoyed the workshop. Overall, we define our own success. When have to break out of habits, distractions, and many other things to become successful. Take advantage of opportunities.

P.O.O.R.

To branch out and really put myself out there to make connections at TCC.

What additional comments would you like to share?

This needs to be in schools everywhere.

T'was amazing!

Presenter was engaging and easy to follow the message.

I did not know what to expect by attending this workshop. But, I am so glad I did. Steven was very motivating and just really enlightened me. He spoke with so much passion and it was very moving. Thank you.

Make the lesson longer so we can take in more knowledge.

Thank you for the presentation and resources LeMons and the staff was able to share with us. LeMons, I'm going to leave here with more wisdom. Everything you touched, touched my heart personally. Thank you!

I am so thankful to Steve for opening my eyes. I really do let fear and laziness hold me back. I feel more motivated now than ever. Good job! Enjoyed the message.

The presenter was passionate and knowledgeable about the subject.

Please continue this workshop. It was a great help to me.

Keep this the way it is! It keep people's attention from start to the end. Even the motivational videos were attention grabbing!

To continue the good work, because it influences and inspired people.

I greatly enjoyed the presentation. Great speaker.

I love listening to Mr. LeMons speak. His passion is infectious.

Loved it! Can't wait to read the book.

Steve is one of the best speaker's I have seen. Great job!

I appreciated the presenter's enthusiasm. Great presentation.

All of the information was beneficial, but some of it was too much to take in during the span of the workshop.

Wonderful presentation. It provided advice I didn't know I needed.

Real stories and continuing to let others know you have been there before and they can do it too. Keep doing that. I think it is perfect.

I am glad I came.

It was GREAT and FUN workshop!

Thank you for a great presentation.

Amazing workshop. Speaker has great energy. We need more of these.

Nothing. I think the presentation was really thoughtful.

He (the speaker) must be psychic, because he was spot on! I definitely need to get myself together.

Great list of books. Might I recommend, "Can't hurt me," by David Goggins.

Steven was very empowering! Thank you for your words of encouragement and support.

Very engaging. Thank you. You have no idea how much I needed this wakeup call. This means a lot.

The speaker was awesome, engaging, and interesting.

The energy and attitude makes the presentation. Mr. L is the best for this speech. 10/10 would recommend. Give him a raise.

I feel like the topics weren't always connected.

Very good vibes and great passion.