



The Journey Workshop - February 26, 2020
 Tarrant County College, Energy Auditorium, Fort Worth, TX

SURVEY:

Number of Attendees 80

CATEGORY	4	3	2	1
Date & time workshop offered was acceptable	40	11		
The workshop's content was engaging	51			
Presenter's knowledge of content	50	1		
The workshop was engaging	51			

COMMENTS:

1. How did you benefit from the workshop most?

- The acronym "P.O.O.R." has really opened my eyes, and knowing that people have risen up from the lowest depths really helps.
- I really liked the different stories about people becoming something from nothing, even when others brought them down. It gives me a lift-up from all the negative people in my 'circle' that are hard to get away from.
- The 'I AM' speech almost made me cry and I thank y'all for sharing it with me.
- I would like to bring my children to the next workshop. They are 23, 18, and 12.
- This workshop was VERY helpful. It made me aware that I have to get out of my 'circle' away from distractions, stay positive, and strive for all my goals.
- What I liked most about the workshop is that it was engaging and interesting. It had very good information that I needed to know that will benefit me from this day on. I want to thank you because it has really opened my eyes to see who the true people in my 'circle' are. I would also definitely tell my friends to come out to this workshop.
- I like the fact that it was very honest and did not sugarcoat anything.
- I liked that this workshop was very interactive and there was engagement with us. It gave me a different aspect of life and what I am really here for.
- The workshop was serious, but was often very comical. Loved it!
- I felt it in my heart when Mr. LeMons explained how difficult life can be. I could feel myself wake up inside and hopefully begin the process of doing something different tonight or tomorrow. I also brought my girlfriend today. I am glad we came because she wanted to stay home and sleep.
- I learned that I need to grow up and stop making excuses for myself.
- The workshop reaffirmed my goals and what steps I should take while working toward them. Mr. LeMons was super-engaging and positive.

- I felt like the workshop spoke to all of us in the room no matter what we personally are going through. I really enjoyed it a lot because I was just telling my husband that I wasn't sure if I was smart enough to get into nursing. But I've realized that I was just being fearful and making obstacles for myself. I now plan to pick it up and start working harder for my dream.
- I liked the entire workshop. The engagement never stopped. It was so good that I felt like I was back in sports. It benefitted me because I have been looking for another sign to get going and this was it. I didn't think it was going to be the way it turned out, it was amazing.
- Coming here today has helped me realize that I'm going to make it in life even though I had back thoughts about how my class is bringing me down. I'm going to pass and graduate.
- I got the whole new idea about setting goals and sticking to them. What I like most was how we were put into real life imagination exercises that really worked.
- This workshop helped me to understand how I can and will do to better myself and my future. Also, the presenter was very funny and engaging.
- The workshop was inspiring and eye-opening. I give it a '10' on engagement. I liked when we were talking about vision and obstacles because it made me want to keep on visioning my greater life.
- Brought to the surface my fear of creating something new in my industry. It also revealed the extent to which I can't rely on a large number of friends to be a support system. This workshop awaken a dream I had years ago that I had let die.
- Almost 2-years ago, sometime after I had my daughter, I hit rock-bottom in my life. I'd had a stress-induced seizure, wrecked my car, and was at risk of losing my job. In that moment, a friend stepped in to uplift and support me. From that moment, I challenged myself to recover my power over myself and my life. I took the time to change my mentality, my output, and my circumstances. This workshop brought home how much effort I put into changing things for me. It was as if Mr. LeMons was speaking my entire life. Speaking the tools I took to cultivate something more for myself. I changed my 'circle.' Changed my energy. Changed my life. I already forwarded the information for the next workshop to my best friend/sister, as she is my accountability partner and we are on the same journey. We are the last of our friend group to achieve our degrees. We are moms, and we are older. The things that prohibited us before are no longer factors we fear. Thank you for this workshop.
- I liked the motivational stories. There were a lot of them I could relate to. It helped me to identify some feelings that I couldn't put into words. Thank you.
- This workshop benefitted me by expanding my mind. What I liked most were the visuals and real-life examples. It helped me have a better understanding of how my 'circle' and choices affect me. Everyone should experience this.
- Gave me a concrete and concise attitude toward my vision. I especially liked the interactive parts. It benefitted me to lose my fear of participation.
- The workshop allowed me to visualize where my life is and where I stand right now.
- The thing I liked most were the examples he used, for example, the defensive line-up and the circle of fear. It made me want to immediately go and get out of my 'circle'.
- This workshop reminded me that in order to be the best for others, I first have to be the best 'me.' I cannot drown myself in others and ignore my own goals. My vision and goals need to be clearer. They have to!
- This workshop presentation is like a palette cleanser for changing one's mindset. Thank you for your words.

- The experience was extremely engaging. It made me think about many different aspects of my life. I want to reach my goals, and this helped me to stay motivated to keep going.
- The workshop forced me to see my mindset and how that applies to my goals.
- I liked the personal stories used in the workshop. The facilitator kept it interesting with humor and volume. Thank you for the opportunity.
- The workshop helped me fine-tune and zero in on my goals and vision. The facilitator was very entertaining. The workshop could be fine-tuned a bit more.
- This is my third time coming. It helps to center and focus my mind on my goals and vision. My time here at TCC is continually enhanced by Mr. LeMons and this workshop. I feel encouraged, supported, connected, and hopeful.
- This was my second time attending The Journey Workshop and what I like most is the interactive participation and brutal honesty and straightforwardness.
- I thought the workshop was extremely relevant. The four areas covered were extremely helpful. The presentation was fun, enthusiastic, and meaningful. Thank you very much for providing this seminar.
- The workshop opened my eyes to resources I've been blinded to. It showed me how I should tap into my true potential. I really liked the interactive activities and showing me that I am not alone. There is always someone to rely on. It reminded me that I am worth something. The workshop gave me hope again and I want to become someone. Not for anyone, but for myself.
- Before I came to the workshop, I felt doubt as to if I wasn't going anywhere in life, and I am 50. I was concerned, so I felt confused. But I confronted my reality and now feel as though though I have a new lease on life. Thank you.