



The Journey Workshop - February 26, 2018
 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 53

CATEGORY	4	3	2	1
Date & time workshop offered was acceptable	15	2	1	
The workshop's content was relevant	17		1	
Presenter's knowledge of content	17	1		
The workshop was engaging	16	2		
Would you recommend <i>The Journey</i> to others	17	1		

COMMENTS:

1. What was most engaging about the workshop?

The Circle, and you are not defined by your physical appearance.
 It was great advice.
 The "Circle." It made me realize that I need to get outside of my "Circle."
 The points he made about breaking the cycle.
 I enjoyed it so much.
 The speaker. He was funny and his examples were very good and applicable. Always enjoy these workshops.
 Everything! I really learned a lot from this workshop.
 The group exercise helped people interact.
 The POOR acronym really hit home for the situation I am currently in.
 Standing up and saying the "I'm not defined by anything, but who I am."

2. What part(s) of the content do you feel will benefit you most?

All of it, especially him letting us know how we can get out of the "Circle." We as human beings need to hear and believe that.
 That you can surpass what people think of you.
 All parts were beneficial.
 The Circle and Pilots. It's about how you fix the problem.

The different perspectives on life.
Reinforcing what I already believe.
The part about being POOR - Passing Over Opportunities Repeatedly
Being inspired by the speaker and his examples of ways to get out of the circle.
The stories, the map exercise, and the small card that was passed out at the end.
The part where we said that "I am not defined by my zip code...etc."
The self-motivating and being made to say "I can."
The conversation about the "Circle" benefited me most.
The whole thing.
Hearing that it is all up to me.
Claiming out loud what we are defined by and what we're not defined by.
A reason to want to succeed.

What additional comments would you like to share with others who are undecided about attending The Journey?

It is a good experience. I enjoyed it.
They won't regret coming. I came here as a "prisoner" but I'm not leaving as a "prisoner."
They missed a great opportunity. If they come, they will never regret this time.
To attend, will help you understand how to fix a "you" problem.
Very eye-opening and empowering.
You need it. Everybody needs it.
This experience is unlike any other and it should be offered to all students.
This workshop was a phenomenal presentation. I learned a lot and look forward to the next one.
Just try it.
Thank you, for this workshop.
I was surprised! It wasn't anything I thought it would be about, but it was a very welcomed and beneficial surprise.
This will open your eyes to what you can do, and that things may be in your "Circle" but you can get out. You can do it, but it just takes one step in the right direction.
Even if you don't want to go, if you have the time, it's worth it.