



"To Encourage, Restore and Plant"

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**Housing & Development Board
Arrows with Soul™ 1-day Living & Leading Work Life Effectiveness
29 Oct 2008 at HDB Learning Centre**

Summarised Evaluation Feedback

- 11 attended this batch of training. 10 feedback forms collected.

Below is the summarized feedback from participants after the workshop:

- 100% are aware of the New Economy skills and attitudes.
- 100% of them are encouraged to lead an integrated life.
- 100% felt motivated to change.
- 100% felt inspired to raise productivity in Work and be effective for Self and Family. 100% felt inspired to help out in the Service.
- 100% felt motivated to identify talents and align it with their work and personal life.
- 100% wanted to improve relationships with family, friends and colleagues.
- 100% were ready to overcome obstacles that come against them.

Below are some comments made on how they feel about the workshop:

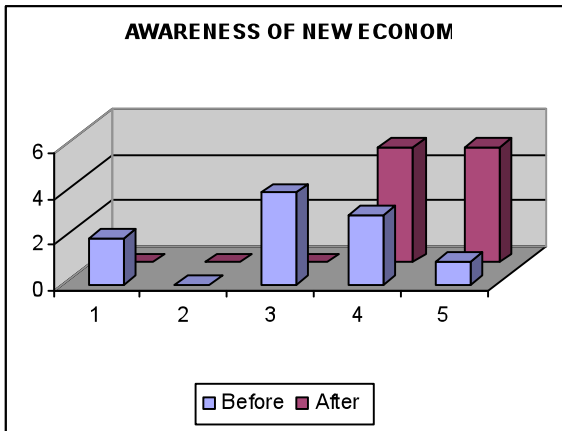
- It is very informative.
- Good. Gives a fresh perspective of life.
- The scope of lessons is new and refreshing, totally different from the courses I have attended in the past.
- Excellent pacing and delivery of concepts.
- Excellent interaction between trainer and participants.
- Very inspiring and practical in this secular world.
- Interesting, case examples will help.

APPENDIX

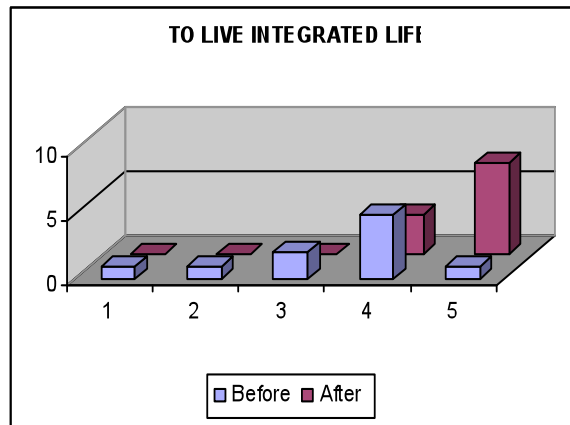
PLEASE FEEDBACK ACCORDING TO THE SCALE BELOW:

- 1 - Strongly Disagree 2 - Disagree 3 - No Comment 4 - Agree 5 - Strongly Agree
 1 - Very Low 2 - Low 3 - Neutral 4 - High 5 - Very High

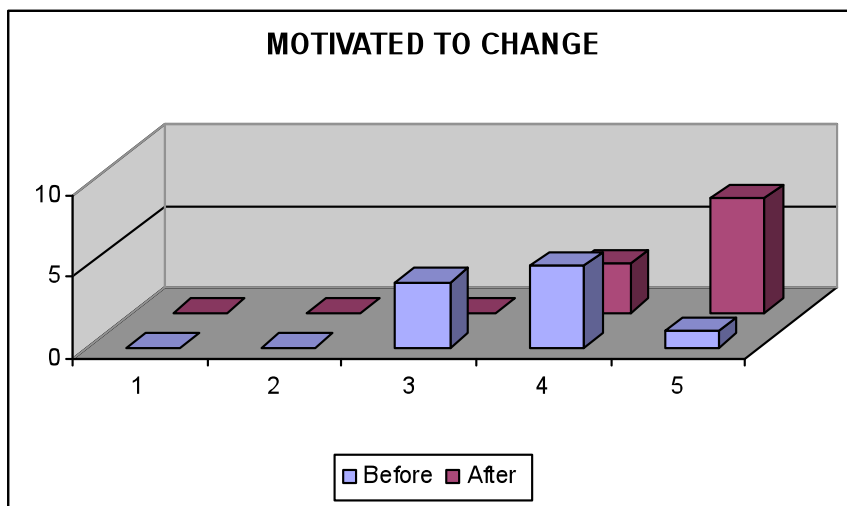
Q1. I have increased awareness about the new skills and attitudes essential in the New Economy.



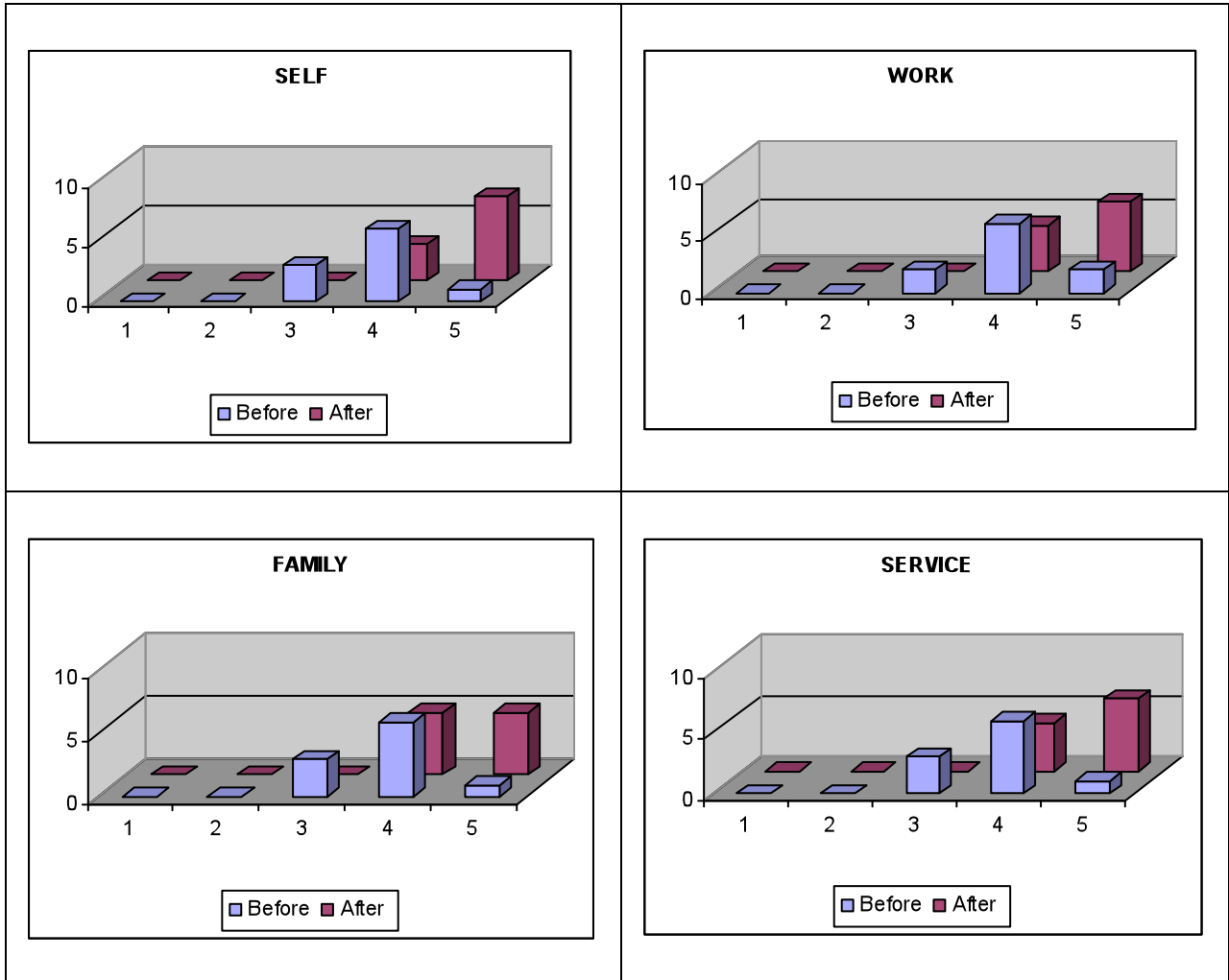
Q2. I have skills and knowledge to lead and integrated life.



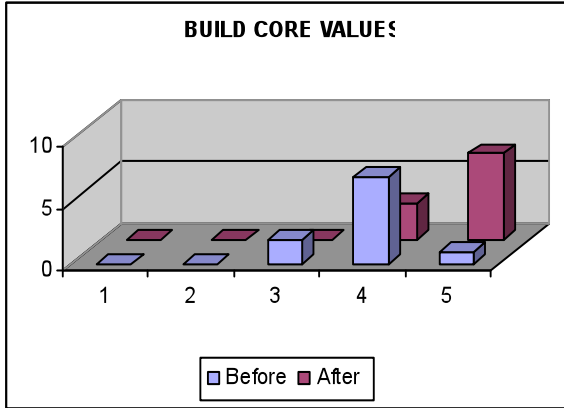
Q3. I feel motivated to change the way I work and live my life.



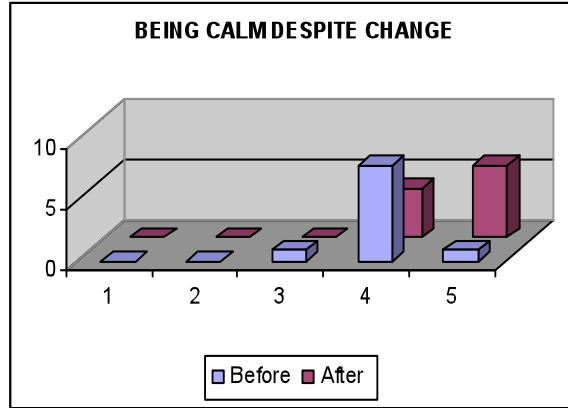
Q4. I am inspired to raise productivity and effectiveness in the following areas:



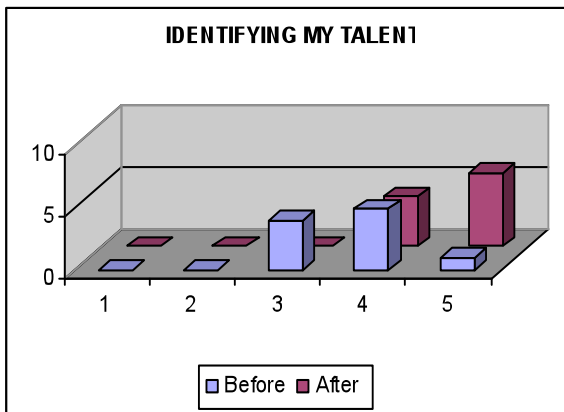
Q5. I am inspired to build my own core values.



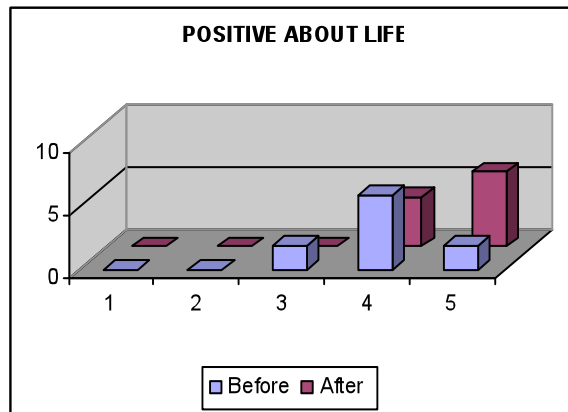
Q6. I feel equipped for serenity and calm despite changes.



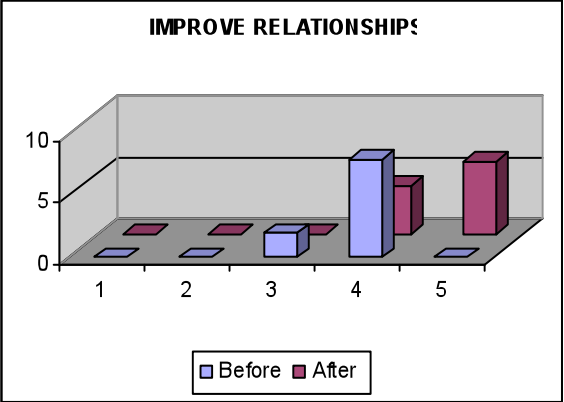
Q7. I feel motivated to identify my talents and align it with My Life (work and personal).



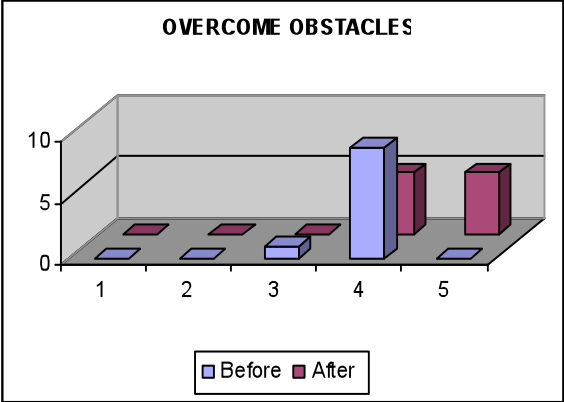
Q8. I feel positive about my life (work and personal) and new possibilities.



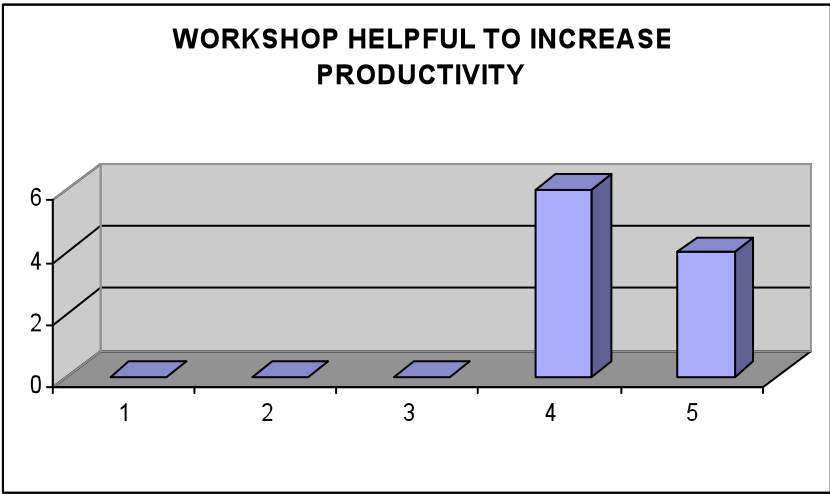
Q9. I am encouraged to improve relationships (work and personal).



Q10. I have the confidence to overcome obstacles to achieve the quality of life that I want.



Q11. I feel that the workshop can help my company and colleagues to increase productivity and effectiveness.



Q13. The Trainer's performance:

1 - NEEDS IMPROVEMENT

2 - COULD BE BETTER

3 - GOOD

4 - WELL DONE!

