



*"To Encourage, Restore and Plant"*

**Land Transport Authority of Singapore  
Arrows with Soul™ 2-day Holistic Work-Life Integration Workshop  
11 and 12 Jun 2009 at The URA Centre**

**Summarised Evaluation Feedback**

- 24 attended this batch of training. 23 feedback forms collected.

Below is the summarized feedback from participants after the workshop:

- 87% are aware of the New Economy skills and attitudes.
- 91% of them are encouraged to lead an integrated life.
- 96% felt motivated to change.
- 100% felt inspired to raise productivity and effectiveness for Family; 96% felt inspired to do so for Self and Work; 91% will work towards it for Service.
- 96% felt motivated to identify talents and align it with their work and personal life.
- 100% wanted to improve relationships with family, friends and colleagues.
- 96% were ready to overcome obstacles that come against them.

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

- Enlightening. Thank you for a superb 2 days!
- I feel that I have chosen the right course to improve myself.
- Feel good/motivated.
- Fantastic, very refreshing and anointing.
- Great! Very useful during stressful work times.
- Inspiring & motivational.
- Fantastic! Great impact in our life.
- Very lively. Able to learn a lot.
- Great, this workshop align out clear and expectation. Core value.
- Good explanation & new ideals/values learnt.
- It's an interesting course & gives a different perspective to "Work-life" management.
- This course is quite different as compared to normal course - interesting.
- Great! Very motivating! Very inspiring!
- Great! Good insights.
- A good course to recommend to others.



*"To Encourage, Restore and Plant"*

**National Environment Agency of Singapore  
Arrows with Soul™ Leadership Perspectives on Work-Life Effectiveness  
Workshop  
22 Jun 2009 at The URA Centre**

**Summarised Evaluation Feedback**

- 20 participants attended this batch of training. 18 feedback forms collected.

Below is the summarized feedback from participants after the workshop:

- 100% are now aware of the New Economy skills and attitudes.
- 94% of them are encouraged to lead an integrated life.
- 100% are motivated to change.
- 100% felt inspired to raise productivity and effectiveness for Work and Family; 94% felt inspired to do so for Self and 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.
- 100% felt positive about their personal and work life, and are ready to explore new possibilities.
- Overall, 100% felt that the workshop was useful for them individually and at a corporate level to increase productivity and effectiveness.

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

- This is a very good workshop and should be translated to the other staff in the organisation.
- Good and refreshing
- Refreshing, reassuring and encouraging
- Informative and insightful
- Very refreshing and feel energized
- Interactive, enlightening with new tools
- Wonderful
- Very fine and entertaining
- Gave me a new perspective regarding integration of work with life
- Interesting and useful
- A very useful workshop



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**Concord Primary School  
Arrows with Soul™ Holistic Work-Life Integration Workshop  
26 Jun 2009 at Quality Hotel**

**Summarised Evaluation Feedback**

- 90 feedback forms were submitted and collated.

Below is the summarized feedback from participants **after** the workshop:

- 88% are now aware of the New Economy skills and attitudes.
- 86% of them are encouraged to lead an integrated life.
- 92% are motivated to change.
- 94% felt inspired to raise productivity and effectiveness for Self and Family and build on their core values; whereas 89% felt inspired to do so for Work, and 80% for Service.
- 88% felt motivated to identify talents and align it with their work and personal life.
- 94% wanted to improve relationships with family, friends and colleagues.
- 91% were ready to overcome obstacles that come against them.
- 96% felt positive about their personal and work life, and are ready to explore new possibilities.
- Overall, 90% felt that the workshop was useful for them individually and at a corporate level to increase productivity and effectiveness.

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

- A highly motivated workshop that gives me insights of life and provides me with life skills to overcome the challenges of life.
- A timely reminder to put life's perspectives in order.
- Extremely good workshop. Appreciate the school for arranging for this.
- Heavy concepts but delivered effectively.
- It has helped me to take stock of my life.
- It has made me see the bigger picture in life, especially being a "Gen Y". Also, learn that life comprises of the choices we make.
- The speaker reminded me of the importance of life, satisfaction, family and values.
- The workshop managed to contain my interest, especially the hands-on activities. It makes me realize what is most important to me, and to work towards my goals to achieve self-fulfilment.
- Very refreshing. Presenter is very knowledgeable and injects humour regularly into the workshop. Very engaging too.
- Would love to hold it at the expanded 8 hours? A whole day workshop would be more enriching. I'm sure you have a lot to share with us!



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**Bovis Lend Lease Sdn Bhd**  
**Arrows with Soul™ 1-day Holistic Work-Life Integration Workshop**  
**30 Jun 2009**

**Summarised Evaluation Feedback**

- 11 attended this batch of training.

Below is the summarized feedback from participants after the workshop:

- 100% are aware of the New Economy skills and attitudes.
- 73% of them are encouraged to lead an integrated life.
- 82% felt motivated to change.
- 100% felt inspired to raise productivity and effectiveness for Self and Family; 82% felt inspired to do so for Work; 64% will work towards it for Service.
- 91% felt motivated to identify talents and align it with their work and personal life.
- 91% wanted to improve relationships with family, friends and colleagues.
- 64% were ready to overcome obstacles that come against them.

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

- Awesome! I like Mr David Lock's presentation as he explains very detailed and clearly.
- It changes of my thinking and what really I should achieve for my life.
- Gain knowledge of new way integrating of lives.
- Learn a lot, example we know our purpose in life & work.
- Very eye opening and full of hope.
- I gather some insightful information pertaining to the New Economy.
- Excellent.
- Concise and effective.