

Timestamp	Email Address	The instructor facilitated in	As a result of this worksh	As a result of this worksh	As a result of this worksh	As a result of this worksh
9/24/2020 20:51:29	maimarana21@gmail.com	10	5	5	5	5
9/24/2020 20:52:01	jhernandez@empowerher	10	5	5	5	5
9/24/2020 20:52:07	Wvcorrea11@gmail.com	10	5	5	5	5
9/24/2020 20:52:19	vintsymedel97@yahoo.cc	10	4	4	4	4
3/11/2021 17:50:28	robinm227@gmail.com	10	5	5	5	5
3/11/2021 17:51:05	cruzmagy26@gmail.com	10	5	5	5	5
3/11/2021 17:51:19	kellysp.firelandstc@gmail	8	5	5	4	4
3/11/2021 17:51:33	knorbert@empowerherne	8	3	4	4	3
3/11/2021 17:51:57	annetemango0@gmail.co	10	5	5	5	5
3/11/2021 17:52:04	mrobinson@empowerher	9	4	4	4	5
3/12/2021 7:19:14	cruzmagy26@gmail.com	10	5	5	5	5
4/14/2021 19:24:37	aylascott.2020@gmail.co	10	5	5	5	5
4/19/2021 18:03:05	alyx@i5freedomnetwork.c	8	4	4	4	4
4/22/2021 11:45:54	brooke@freetothrive.org	10	5	5	5	5
7/22/2021 17:40:46	lurbalurba@gmail.com	10	5	5	5	5
7/22/2021 17:42:44	tracief515@gmail.com	10	5	5	5	5
7/22/2021 17:43:42	rev@anniecannons.com	10	5	5	5	5
7/22/2021 17:45:24	magical@anniecannons.c	10	5	5	5	5
7/22/2021 17:49:41	lethale@anniecannons.cc	10	4	4	4	4
7/22/2021 17:55:46	bellacoco@anniecannons	10	5	5	5	5
11/15/2021 17:52:37	Fieldsdija638@gmail.com	10	5	5	5	5
11/15/2021 17:53:54	jlwenrich@gmail.com	10	3	3	3	3
11/15/2021 17:55:26	treuhaft09@gmail.com	10	5	5	5	4
11/15/2021 17:55:28	Cynthiacota02@gmail.cor	10	5	5	5	5
11/15/2021 17:55:42	90venturana@gmail.com	10	4	5	5	5
3/14/2022 18:12:50	Treuhaft09@gmail.com	9	5	5	4	5
3/14/2022 18:13:50	jenna.derham@ciheart.or	10	5	5	5	5
3/14/2022 18:14:47	iram@anniecannons.com	10	5	5	5	5

As a result of this workshop	How would you describe your transformation over the last 8 weeks?	What was the best part?	I would recommend this course	Are you interested in taking
5	I become more confident and strong.	To learn the principles of life.	5	Yes
4	It has been great to step outside my comfort zone, I can be resistant to some things and I was challenged in a healthy way.	Meeting new people, engaging	5	Yes
5	I now have tools that I can apply to deal with the day to day stress that occurs in my professional and personal world.	The activities being applied we	5	Yes
4	i have found creative ways to resolve conflict - i feel a little bit more confident in exploring other ways to handle issues within teams.	alejandra was a passionate, eff	4	Yes
5	being more present in my life and the lives of others	the activities challenged me	5	Yes
5	Diferent for a better me	Having a great teacher	5	Yes
4	Encouraging I noticed change in many areas	Breakout groups	5	Yes
4	Worth doing it over 8 weeks to see the change	Connecting with the other mem	5	Maybe
5	overwhelming in a great way!	learning how to listen more	5	Yes
4	It has truly been a humbling experience and I have seen growth in myself.	The whole course was good.	5	Yes
5	Diferent for a better me	Having a great teacher	5	Yes
5	for many years i have felt like i have never belonged anywhere. They helped me find mv confidence and strenath to keep goina on.	everything was so good, I am h	5	Yes
4	I pushed myself out of my comfort zone and built my confidence, speaking skills, and ability to communicate with others.	The best part was seeing every	5	Yes
5	I have key mantras founded in the DC principles that I have incorporated into my daily life.	The raw honesty and candor of	5	Yes
5	Just a thank you	Meeting Sarah	5	Yes
5	I have come out of my shell	speaking	5	Maybe
5	informative, concise, warm	the community, feedback, pract	5	Yes
5	phenomenal	listening to others presentation	5	Yes
4	I am able to reflect daily on my vision and create goals in order to move forward toward my vision.	The improv exercise	5	Yes
5	A mindset shift	Gleaning from the community, 7	5	Yes
5	More positive	Communication	4	Yes
5	much more self aware and grateful	the women, safe spaces and co	3	No
5	Positive, encouraging and self trust.	Guetting to know all the girls	5	Yes
5	I GOT TO OVER COME MY FEARS AND NEGATIVE TALK	PAUSE PART AND PUNCH	5	Yes
5	getting out of my comfort zone finally getting out of my shell be to in my leadership role	the cohort and the LION a porc	5	Yes
5	I became proactive and regained self confidence.	Magic Formula	2	Yes
5	It was a steady incline!	Having Jenna Reid as the instr	5	Yes
5	I have improved tremendously and i can see how these sessions can be	I loved the first couple of the se	5	Yes

Would you be interested in this program?	Additional comments or suggestions	Why did you choose this rating?	Would you be willing to share your feedback with the facilitators?	In which of the following areas do you think the program was most helpful?	As a result of this workshop, what actions will you take?
Yes	In this program. I gain a lot knowledge.				
Yes					
Yes	I would love to stay in the network to help provide resources and share experiences.				
Yes	i think this program has value for trafficking survivors and service providers - im excited to see how it will empower other anti trafficking organizations!				
Yes	thank you so much for your time and attention to build in us				
Yes	Thank you Alejandra and Sarah				
Yes					
Yes	Thank you so much for this workshop and opening it up to folks who need it the most!				
Yes	love you				
Yes	Very powerful and a great class.				
Yes	Thank you Alejandra and Sarah				
Yes		She has helped me grow so much			
Yes		The instructor was good, but I feel that the course could have been even more impactful with a stronger instructor.			
Yes	Would you be able to share additional details on the assistant position (e.g., Denisse's role during meetings) that was mentioned during the final class. Thank you!	Sarah was a great instructor and always sought to uplift the participants in the space. She crafted unique			
Yes					
Yes	Thank you for providing this training possible	Because she was very effective in her approach to teach and made learning the principles fun.			
Yes	this was an awesome experience. i'm glad i participated!	articulate, compassionate, pacing			
Yes	Thank you so much for the opportunity to grow and learn	I chose this number because I believe that the facilitation and communication was done well. I was able to			
Yes	Thank you all for all that you do, Sarah and Denisse are wonderful facilitators !	Both instructors was attentive			
Yes	I really appreciated the feedback that Sarah consistently gave to each individual.	She embodies the principles			
Yes	Love this would love another class	She was so wonderful and understanding			
No					
Yes		She is encouraging and inspiring.			
Yes	ENCOURAGE TO TAKE ANOTHER CLASS	THEY WERE ENCOURAGING AND INSPIRATIONAL			
Yes		facilitator always made me feel safe and feel proud to speak out			
Yes	Thank you for the opportunity.	Great Program, informative	Yes		
Yes	My Monday nights will always be missing the fun of the course	Because it is accurate!	Yes		
Yes		Jenna is amazing and full of resources	Thank you for organizing and making these tools available for us		

