

Defining Your Success Brown Bag Feedback

“I'm glad I didn't miss this one; if so, I would have missed out! The activities, group interaction and the overall group discussions were beneficial personally and professionally. It allowed us time to step back, re-evaluate our careers and form a way ahead in attaining future goals (departure/arrival). Ms. Ward did an excellent job! I have already shared the handouts with some of my colleagues who have expressed an interest in attending the next meeting.”

“I also thought we had a great discussion!! I thought Gwen was very innovative in her approach with the group which allowed everyone to exchange their thoughts and ideas. The group was small enough to build synergy and cohesiveness!!! I'd look forward to participating in future workshops with Gwen.”

“I'm not one for sharing personal stuff but found the methods used were not invasive but encouraging. Everybody has something in their life that they are dealing with. My family is dealing with the loss of one of my sisters. I talked to my oldest sister on Saturday. As she is self-employed, I conveyed to her the essence of the workshop and the exercise of what we need to depart from and acquire. It is something that we both saw as a tool toward an attainable goal. Great workshop.”

“It was a great session. My comments... 'I'm not alone (smile).” Good to hear that we all have doubts, personal successes, areas of improvements, etc.”