

FOOW? Participants' Responses

Why They Dived In
What They Learned
What They Liked



Why They Dived In...

"To work on my networking and assistance in planning my career."

"To find a sense of direction and also network with others."

"I wanted to clarify my career identity."

"I wanted to get some new ideas and direction for my future."

"Career advice, to find out and share views on job discontent with others."

"I wanted to see what changes I could make to be happier in my current position."

"I wanted to hear opinions from others in my age range about their progress, work satisfaction and career choices, and changes that have helped them grow."

"I think I have a firm grasp of how my attitude has changed, and how cynical I've become. I want to have clear understanding of how to get out of it, and the support to do so."

"To have my career a little more focused, and understand how I can better serve my current employer, despite my inability to feel "stable."

"A strategy to achieve job satisfaction; Also, I'd like recommendations for a skills assessment to determine if I'm in the right career field."

"Motivation, direction and a plan for moving forward on the right path for me."

"I'd like to learn about how other people deal with some of the things I deal with and see if there is a way for me to maneuver through things a little better."

"Some ideas about planning my next career move."

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What They Learned...

"Be honest about my bad performance and my contribution to my job satisfaction."

"Things I needed to work on."

"I learned what my priorities in life are and how to approach determining my career identity."

"To look at the big picture...then try to break it down by thinking outside of the box."

"To not let fear hold me back."

"To delve into why I am not willing to talk to my boss about my concerns."

"Don't run away from my current situation."

"To execute as a team member and enlist my team in the areas where I am not effective."

"Deal with procrastination issues, evaluate goals."

"Take the Myers Briggs to help with career identity."

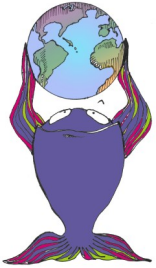
"Don't run from a job, run to a job."

"Break large problems down."

"I can only change me."

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What They Liked...

“It was informative, well facilitated and motivating.”

“I like the feedback and the thought provoking discussions. I also like the enthusiasm from the presenters.”

“Just exploring different techniques to figure out where my path is going.”

“The material is good and the presenters were engaging.”

“I enjoyed the exercises in terms of behavioral change and skills development.”

“I liked the sharing and group work.”

“I liked the personal interactions, the friendly tone, and the attitude of the presenters.”

“I can always use new strategies to help me.”

“Exercises were helpful, and the contract.”

“The interaction and comments from each of the participants, including the trainers. Their insights were particularly helpful, given the trainers' vast range of their training and expertise.”

“It was, indeed, an enjoyable and informative evening.”

“It guided me in determining how to begin determining my career identity.”