



OKANAGAN FAMILIES SOCIETY
Course Evaluation Summary

COURSE NAME: 9 WAYS TO BRING OUT THE BEST IN YOU AND YOUR CHILD
 COURSE FACILITATOR: Maggie Reigh
 COURSE DATES: February – April 2005
 COURSE LOCATION: Central Okanagan Child Development Centre
 COURSE OBJECTIVE: To enable participants to generate a family atmosphere conducive to building strong and positive relationships by learning to build child's self-esteem, release anger appropriately and effectively, side-step power struggles and use positive discipline strategies.

Did the course meet the objective?	What did you like best about the course?	What would improve this course?	Rate the facilitator	Rate the course materials	Rate accommodations (facility, equipment)	Other comments about the course
Yes definitely: the course provided me with the principles I needed to guide myself, not control my children. In guiding myself, I was surprised to find the struggles diminish and in many cases, disappear altogether.	<u>9 Ways to Bring out the Best in You & Your Child</u> inspired me to shine brighter, to have more fun with my children, to recognize my own emotions and to BE IN THE MOMENT.	I wish it could be longer!	Excellent : Fun. Redirecting us when we side-track and keeping the course flowing	Excellent : didn't do all my homework. The course for me would have been better if I had done my homework.	Excellent	There is nothing better than creating amazing parent-child relationships to make the world a better place. The patterns we create now will last MANY lifetimes, not just empower our own.
Yes definitely: There were many stories and other tools to help clarify the challenges and set examples. It provided many stepping stones.	I liked knowing I wasn't the only one out there struggling and it was a relief to know that I could learn these new techniques and attitudes concerning parenting and also it is useful in other relationships.	Having longer sessions. More time for each session/chapter	Excellent: she's an excellent facilitator. Understanding, compassionate and vibrant. She was able to keep a very talkative group on track.	The book and workbook were all very straightforward and easy to understand	Very good: It was fairly comfortable. It did get cold sometimes. The location was easy to find.	The course also helped to strengthen and broaden my relationship with my spouse and it was useful in dealing with co-workers etc. It helped to open my heart and clarify what I wanted for my family, but didn't know how or where to start.
Yes definitely	It will definitely improve people's lives	Controlling "advice" from group members to individual problems or concerns expressed.	Excellent: Excellent knowledge of material and expertise. Enjoyable energy! Excellent presentation techniques. Could FEEL the passion.	Very good: Some printing oversights.	Very good: Refreshments awesome! Thank you!	

Yes definitely: It showed numerous options and communication skills	The stories from the participants	Allowance for quieter people to share.	Excellent : Genuine, caring and non-judgemental	Very good : books and workbook good. Need to know how to connect between the two	Very good	Need to continue to follow up so we can keep on track
Yes definitely: It was amazing how much I learned about myself. It has helped me connect with my husband, child, and everyone around me.	Really learning from everyone. Different perspectives, ideas. Sharing, support.	Well I didn't want it to end!	Excellent : Maggie is an amazing person. I feel truly blessed to have had the chance to get to know you. Thank you.	Excellent : Very simple, solution orientated. Keeps you focused	Excellent : Perfect	Truly amazing! So blessed to be given the opportunity!
Yes definitely	The open, comfortable atmosphere. Able to feel safe to share.	Daycare available? Would have made it a bit easier	Excellent : Knowledgeable, informative, open, wonderful listener, able to bring discussion back to the message – making our circumstances relate – how we really work this in our own lives.	Excellent : Both the workbook and book are excellent tools- wonderful to have both – to receive the knowledge from the book and apply it to our lives through workbook.	Excellent : comfortable setting – yummy snacks! Good location	Thank you Maggie for giving me this opportunity to move forward in my dreams!
Yes definitely: My family has turned around. I feel I am planting seeds for harmony in my family. I'm so happy I took, this course. My parenting skills are so much better.	Open, honest discussions.	Maybe a bit longer?	Excellent : I loved Maggie. She is so much fun! I wish we had more people in this world like her! She is amazing. She's helped me look at parenting in a new and loving way.	Very good.	Excellent	More people need to hear about it! Advertising?
Yes, definitely	The group learning environment and the stories about real life experiences and how things were handled and how that played out.		Excellent : Loved the personal experience and honesty about personal triumphs as well as things that didn't work.	Excellent	Very good.	

<p>Yes definitely, It has made me realize on a daily basis how to take a step back without immediately reacting, how to give my kids the respect they deserve as a person.</p>	<p>The ability to discuss issues in a safe environment, to be given tools to help deal with situations but also real life examples of situations.</p>	<p>A bit confused as to whether we were supposed to do chapter homework before we reviewed the chapter in class or not.</p>	<p>Excellent. I feel very grateful to have had a chance to develop myself as a person under the guidance of Maggie</p>	<p>Excellent</p>	<p>Excellent Great! Thank you for the treats!</p>	<p>Thank you for offering this to me.</p>
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