

147 Possum Trot Lane, Paynes Ford Road Kearneysville, WV 25430 Phone (304)661-1460, Email: pdugan@frontiernet.net, Web: www.fivepromises.wv.gov VISTA Fall Training/Faces of Leadership Conference, Charleston WV Embassy Suites Suite 227 - VISTA Fall Training Charleston Civic Center - Faces of Leadership Conference



What to bring: You may want to bring laptops and your VISTA flash drives.

Casual Dress Code during trainings/workshops:

- Khakis, good jeans, capris, dress, shirt, shorts, plain/button/polo t-shirt Weather Depending!
- We will be walking Tuesday & Wednesday from the hotel to the Civic Center, so comfy shoes or boots. This time of year layering is best, especially in workshops.
- At Faces think about it like this: you want you be presentable enough if you would happen to meet a potential partner or funder or possible job opportunity for the future-remember you are representing AmeriCorps, CNCS, WV Promise, your Site and most importantly YOU!



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Promise VISTA Agenda

Monday October 12th – Thursday October 15th

Monday October 12 Activit	Noon, Arrive Embassy Suites room 227 12:15-1:45 Lunch walk as a group to the Athletic Club Restaurant 2 p.m. – 5 p.m. VISTA Training; Embassy Suites room 227 Guess Who, Handbook, Reports, Social Media & Branding, Appropriate ies 5 p.m. Check into rooms 5:30 p.m. – 7:30 p.m. Embassy Suites Managers Reception 7 p.m. Dinner walk as a group to Mall
Tuesday October 13 Registration	6 a.m. – 9 a.m. Cooked to order breakfast 8 a.m. – 9:45 a.m. Civic Center, Faces of Leadership Conference 10 a.m. – 5:30 p.m. Faces of Leadership Conference 5:30 p.m7:30 p.m. Embassy Suites Managers Reception 6 p.m. Networking Reception at the Marriott
Wednesday October 14	6 a.m. – 9 a.m. Cooked to order breakfast 8:30 a.m3:00 p.m. Faces of Leadership Conference 4:00 p.m. – 5:30 p.m. Free Time, On Your Own! 5:30 p.m7:30 p.m. Embassy Suites Managers Reception 6:30 p.m. Dinner walk as a group to Mall
Thursday October 15	6 a.m. – 9 a.m. Cooked to order breakfast 9 a.m. – 11 a.m. VISTA Training; Embassy Suites room 227, check out 5 Minute-Share What You Learned, Karalisa Bradley from WV CNCS office, Evaluations, Q & A, & depart for home



WEST VIRGINIA'S PROMISE

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- 4. I am territical of deep water, especially when I can't see the battan.
- 5. I have written 3 books
- 6. I would gladly eat Indian food every day of my life
- Over the course of 3 hours, Iran down a young deer in an apple achors when I was 12, and brought it home on a dog leash.
 My whole life up until my sophamere year of callage, I was set on going into inclusion and then made a hoge shift in currer direction.

- 13. I broke four banes in my face playing r-9-y the other week (first blody nose+first broken banes ever).
- 14. I wont to be a masseuse as a side job.
- 16. My left leg is about 14 inch longer than my right leg due to scaliosis.
- In one at my post jobs I was an 1875 era. homesteader, I jured true to the era... in the dress, tended animals and cooked over a was 17
- burning store 18. I have a fat cat named Mile.

Guess Who?

- 20. I saw a masse in real life and it way very
- 21. I have swam with a pod of manatees in the ocean.
- 22. I would rather ride my bike than drive my car to work. 23. Studying Norwagion
- Studying Norwagian
 Before I moved bothe East Coast. I spent over 200 hours as a volunter at a wildlife rehabilitation center. I was able to spend time with Cayetes, fores, birds of proj, and helped rear hundreds of or phased baby birds.
 I'm graduating with my undergrad in May 2016.
 I'was ban in the Vicked of my dod's form have.
 My parents named me because of the mermaid in the mail Spends with Tam Harks.
 I'was the name Spends with Tam Harks.

- R I wort to do STEM shuff with youth for a corcer











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VISTA Fall Training/Faces of Leadership Conference, Charleston WV EVALUATIONS Monday October 12th – Thursday October 15th

RATING: 1= Unsatisfactory 5= Outstanding

Monday October 12

Noon, Arrive Embassy Suites room 227

12:15-1:45 Lunch walk as a group to the Athletic Club Restaurant

2 p.m. – 5 p.m. VISTA Training, Handbook, Reports

- Please rate how helpful this session was to your reporting: 1 2 3 (3) 4 (6) 5 (2)
- Comments:
 - I feel like I got some of my reporting questions have been answered, but also like I have been doing it wrong for so long and nobody corrected me...
 - There was a lot of stuff I already knew, but to be fair, this will be my second year. It was good to know what had changed in the reports, however.
 - $\circ~$ Going over the reports in person in detail made a big difference and cleared up all of uncertainties.



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- Would have been nice to have it ahead of time, but new most of the errors because I'm so close already.
- How are VISTAs supposed to tell a heart wrenching personal story about how there center is reaching out to the community if we aren't able to do direct service work?
- This training was spent mostly going over forms and language. While I think this was useful to the new VISTAs, I do not think it was as useful to the returning VISTAs. I would have liked some training that we could have brought back to our sites to better our service. I did really like the icebreaker.
- I think this was a very important session, especially as the reports have changed a bit and we all needed reminders on how to write the best report.
- $\circ~$ Going over the reports in person in detail made a big difference and cleared up all of uncertainties.
- I already knew much of this so it was redundant for me (but we already knew this was going to happen). I am sure it was useful to the newbies.
- Long wait, but pretty alright!

5 p.m. Check in rooms

5:30 p.m. – 7:30 p.m. Embassy Suites Managers Reception

7 p.m. Dinner walk as a group to Mall

- Please rate your satisfaction with Dinner (Outback): 1 2 3 4(3) 5(7)
- Comments:
 - The onion was awesome!
 - \circ $\$ had a great time bonding with new and old VISTA members
 - Outback was pretty good. I definitely prefer meals that are not from chain restaurants that are available everywhere.
 - \circ $\;$ Had a great time bonding with new and old VISTA members $\;$
 - I am not a fan of Outback personally, but the service and company was great, so I was pleased.
 - Nice to have a meal like that which I would not treat myself to on my Budget.

Tuesday October 13

6 a.m. – 9 a.m. Cooked to order breakfast

- 8 a.m. 9:45 a.m. Civic Center, Faces of Leadership Conference Registration
- 10 a.m. 5:30 p.m. Faces of Leadership Conference

Key Note Speaker: Andy Goodman on "Storytelling as Best Practice"

- Rate your satisfaction of this presentation: 1 2 3 4(1) 5(10)
 - Share something learned from this presentation:
 - Stories > Facts in changing people's opinions.
 - I learned that telling my organization's story is important and bombarding a potential donor or sponsor with facts won't secure a donation as much as a story would.
 - o I tell stories all the time but never realized of how is make a difference when told properly!
 - I didn't realize that most people were more likely to process and remember information gathered from a story than from a presentation of simple facts.
 - The speaker was very encouraging and uplifting.
 - People don't care about data as much as stories.
 - I am not a storyteller by nature, so it was good to hear examples from others as well as learn the importance of it.



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- I tell stories all the time but never realized of how is make a difference when told properly!
- \circ $\;$ Story telling is the most powerful tool to getting people to understand and care about a cause.
- Data needs a story to round the facts out and understand the impact the person or organization is making.
- How to tell a story in 2 minutes.
- I learned about multiple types of storytelling and the importance of holding someone with a story when appealing to them about investing in our organizations.
- Other Comments/Suggestions:
 - Great speaker!
 - I really enjoyed this, and have been trying to incorporate more storytelling into my own service at my site.
 - Loved the different side stories about Any Goodman's past work in TV production, as well as the video about organ donors in Brazil and how they got so many sports fans to become organ donors!
 - Nothing, was a great way to meet people and hear their stories.
 - I liked that there was an activity to do at the table
 - Nothing, was a great way to meet people and hear their stories.
 - I want to learn to tell really good stories now!

Session 1:

NUMBER:	2	_NAME:_Start	ing a Community News	Blog or Website	

- Rate your satisfaction of this presentation: 1(1) 2 3 4(1) 5
- Share something learned from this presentation: Always link back to a blog or website. Don't waste clicks.
- Other Comments/Suggestions: Started out in 6 Appreciation in the Workplace, but it was horrible and I left.

NUMBER: ____3___ NAME: ___Balance: A Key to Experiencing Peace__

- Rate your satisfaction of this presentation: 1 2(1) 3 4(1) 5(2)
- Share something learned from this presentation:
 - The speaker likes to tell psychology jokes.
 - It helped rein still the importance of finding my inner warrior voice.
 - Learning to balance life with all aspects and making right decision which leads to a sense of peace
 - I gained a better understanding on how to get a cope better with stress in the workplace (and life).
- Other Comments/Suggestions:
 - I was disappointed; I feel that most of the presentation focused on why Balance was important without really giving much help on trying to actually find or make balance in your life. I think that if people have signed up for the workshop, they already think it's important and are looking for help making it happen. Some tips or suggestions on trying to improve balance in my life would have been nice.
 - Though he mentioned a lot of good points I got lost in trying to figure out what exactly his "Key" was.
 - Wish there where techniques show to impalement change and balance.
 - This guy was great! He kept the audience engaged and involved. Good energy!



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NUMBER: <u>8</u>NAME: <u>The Value of Oral History</u>

- Rate your satisfaction of this presentation: 1 2 3 4 5
- Share something learned from this presentation:
- Other Comments/Suggestions: I thought we would be given tools on how to probe stories or how to give an oral history or at least listen to some more examples. It was more of just telling us about getting good gear and then like directed to those who were already doing similar things not towards anyone who wanted to start or learn more about the process. Would have been nice to be given more examples, the best part was listening to some of the oral history projects that she had done when we got to listen to them.

NUMBER: _7___NAME: __The Value of Oral Histories_

- Rate your satisfaction of this presentation: 1 2 3 4 5
- Share something learned from this presentation: I learned about the technologies needed to record oral histories
- Other Comments/Suggestions: I felt like the speaker couldn't answer our questions very well. I really enjoyed listening to the oral histories. I felt like this was more of a vague how-to and less of an explanation of the value of oral histories.

NUMBER: __9___NAME: Intercultural Competence__

- Rate your satisfaction of this presentation: 1 2 3 4
- Share something learned from this presentation: I feel that discussing the value of empathy and flexibility while working with different cultures was important.

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• **Other Comments/Suggestions**: The presenter was very good, but I wish we had more time to go through actual scenarios.

NUMBER: ____5 ___ NAME: ____ Creating a Grant Budget-_ Beth McNally_

- Rate your satisfaction of this presentation: 1 2 3(1) 4(2) 5
- Share something learned from this presentation:
 - Always have someone with more grant writing experience than you review all parts of the grant before submitting to granter.
 - I learned more about matching funds and in-kind donations, as well as an easier, better way to budget.
 - I learned some of the key components of a grant budget.
 Other Comments/Suggestions:

Session 2:

NUMBER:	12NAME:_TNT: Training not Telling						
•	Rate your satisfaction of this presentation: 1 2 3 4 5						
•	hare something learned from this presentation: The importance of mult-sensory learning.						
	Changing the environment and tips for facilitating learning.						
•	Other Comments: Didn't like all the candy						
NUMBER:	13 NAME: <u>Learning to Play-It's not just for Children!- Randy Housh</u>						
•	Rate your satisfaction of this presentation: 1(1) 2(1) 3 4(1) 5(1)						
•	Share something learned from this presentation:						
	The speaker thinks play is important in adult lives as well as children's						
	 I learned nothing. 						
	I learned about being able to enjoy simple things in life and to just step back and enjoy all that						
	life has to offer. I also learned more about the benefits of being a more positive person as						
	opposed to a negative person and how to rediscover how to play in life because, as adults,						
	we often lose the ability to play because we have grown into adults with many responsibilities						

and playing is the last thing on our list of priorities.



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- Healthy stress management is paramount to staying active and motivated in the service industry.
- I learned about stress management through play.
 - Other Comments:
 - Again, I felt that the speaker spent most of his time talking about why it was important and about how good he was at incorporating play into his life-without actually doing much to help people who agree but might need some ideas on learning to play again. I would have liked some ideas or tips for this as well. I also feel that there was a missed opportunity for a more active workshop; instead it was just sitting and being talked at.
 - Excellent presenter! Loved his energy and delivery of his workshop.
 - The speaker went into the presentation with the assumption that he had to argue with his audience about a need to play. I went into this workshop fully aware that I needed to learn to play. I did not learn how to play, I was talked at about why I should learn to play. I don't think he needed to argue those points. I was attending this workshop after all; obviously I was aware that I needed to learn to play. Improvements to this workshop would include—Teaching us how to play, teaching how to fit play into an overstuffed schedule where we are too busy to do anything other than "work", and teaching us how to calm down enough to play. I disliked the teacher's approach, and I disliked the way he spoke down to his audience. He also kept talking (incorrectly) about scientific principles, and that bothers me. He seems like a nice man, and I think I would have enjoyed hearing from him in any other circumstance.
 - This wasn't my favorite workshop because it seemed lacking in the playfulness and group engagement one expects when choosing a workshop on play.

NUMBER:

___NAME: <u>The Leadership Challenge-</u> Bob D'Avria

- Rate your satisfaction of this presentation: 1 2 3(2) 4(1) 5
- Share something learned from this presentation:
 - \circ $\;$ What type of leader I am and what I can do to make an impact and be a role model.
 - I was able to access what type of leader I (mostly) am.
- Other Comments:

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- $\circ \quad$ most things in this session were common to be me
- I think he got a lot of information and examples in with the short amount of time. Loved the video examples and the fact that the information he provided he used examples to address multiple different types of learning styles.
- He did not know the material very well. Did not seem to have a lot of passion or energy.

NUMBER: <u>18</u>NAME: <u>True Colors Personality: Part 1</u>

• Rate your satisfaction of this presentation: 1 2 3 4(1) 5(1)

• Share something learned from this presentation:

- I learned about the different personality types, that everyone has each color in their personality somewhere, no matter how little. I also learned my own colors, mainly green and blue.
- \circ $\;$ I learned how to recognize everyone's color and how they fit in some situations.
- Other Comments: The presenters were engaging and fun.

NUMBER: __10_____NAME: __From Idea to Action_

Rate your satisfaction of this presentation:12345

• Share something learned from this presentation: Kelly is always great at getting to the main points of her topics and expanding on them and discussing them in ways that are both efficient, though provoking and educational.

• Other Comments:



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Session 3:

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NUMBER: ______ NAME: How Non-profits Can Work with Colleges_

- Rate your satisfaction of this presentation: 1 2 3 4 5
 - Share something learned from this presentation:
 - Working with colleges takes a lot of constant contact. Connect with student groups, career offices, and professors to get in touch with volunteers.
 - I learned about some of the struggles in acquiring volunteers from both sides the nonprofit side, and the collegiate side and some ways to utilize the volunteers you have.
- Other Comments/Suggestions:
 - Most of this looked at the nonprofit side, and I am more on the collegiate side in my service, so I would have found a more reciprocal workshop more useful.
 - My favorite workshop.

NUMBER: _23_ NAME: _The BUSINESS of Service- Violet Burdette

- Rate your satisfaction of this presentation: 1 2 3(1) 4(1) 5
 - Share something learned from this presentation:
 - Just because you are a non-profit doesn't mean that it is not beneficial or even necessary to be professional and run parts-if not all-of your non-profit like a business.
 - \circ $\;$ Do not let people treat non-profits differently than for-profit businesses.
 - Other Comments/Suggestions: I was pleased to make a contact that offered to send me resources that
 would be helpful in getting my site a little more organized and better run, as well as making me more
 aware of the business side of things.

NUMBER: _____21____NAME: Navigating Change___

- Rate your satisfaction of this presentation: 1 2 3 4 5
 - Share something learned from this presentation: I loved every moment of the session, the speaker was great and I cried at his stories. Used personal examples of his life to show how change to affect you over all life decisions.
- Other Comments/Suggestions: Randy should speak again next year and be a key note speaker

NUMBER: <u>19</u> NAME: <u>How Lakota Organizational- CANCELED and replaced with learning about the Story</u> Corps App

- Rate your satisfaction of this presentation:
 1
 2
 3
 4
 5
- Share something learned from this presentation:
 - The presentation was cancelled, but I did got to learn and try out the StoryCorps App
 - Learned about StoryCorps from Kate FitzGerald.
- Other Comments/Suggestions:
 - $\circ~$ This was really a wonderful learning experience about the application. I think it was a good replacement for the cancelled workshop.
 - Our presenter did not show up, but a couple of us were able to do an interview about our service as an AmeriCorps VISTA and our time in WV using StoryCorps.

NUMBER: <u>27</u>NAME: <u>True Colors Personality: Part 2</u>

- Rate your satisfaction of this presentation: 1 2 3 4(1) 5(1)
- Share something learned from this presentation: We got to work in groups and discuss and work through scenarios on how to best deal with different personality types.
- Other Comments/Suggestions: The session was fun and educational.

NUMBER: _______NAME: _____NAME: _____NAME: _____NAME: _____

- Rate your satisfaction of this presentation: 1 2 3 4(1) 5(1)
- Share something learned from this presentation:
 - \circ I appreciated the conversations that were created in response to the activity.



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- I was able to work with the other people participating in the workshop to discover how I can improve areas in my service that I am not so good at (Capacity Building etc.)
- Other Comments/Suggestions:
 - Love Kelli Jo! She is such a fun person to be around and had us moving, interacting and learning from one another throughout the workshop. I got some very useful information out of her workshop.

5:30 p.m.-7:30 p.m. Embassy Suites Managers Reception

6 p.m. Networking reception at the Marriott

- Rate your experience here: 1(3) 2(1) 3(1) 4(3) 5(1)
 - Rate the food served: 1(3) 2(1) 3(3) 4(1) 5(1)
- Comments/Suggestions:
 - For this supposed to be able to feed us, the food didn't even last longer than the first ½ hour, so being starving since all we were fed at lunch as a salad bar and potato.... I wasn't able to attend. We starve as volunteers all year long, would have been nice to have the Corporation care and take care of us a bit better....I mean it's not like we make great money or anything. Thankfully our Project Sponsor covered us and was able to feed us proper filling meals the rest of the time we were at the conference.
 - I am not much of a drinker or a social person, but I did enjoy sitting with everyone, getting to know them better, and talking to VISTAs who understand what we go through on a daily basis.
 - N/A. They ran out of food before we got there.
 - Good networking opportunity.
 - The best! I enjoyed being able to sit and talk with the different Promise VISTA's and get to know them and their stories a little bit more.
 - Very low Vegetarian options and no food really at all for anyone. For supposedly having "heavy appetizers" they were weak and was NOT a sufficient enough to consider it a dinner alternative. We had to order pizza so our VISTA's did not get hangry (hungry and agitated).

Wednesday October 14

6 a.m. – 9 a.m. Cooked to order breakfast 8:30 a.m.-3:30 p.m. Faces of Leadership Conference

Session 4:

NUMBER: <u>37</u> NAME: <u>"Bee"coming an Efficient Volunteer Coordinator- Becky Shilling-Rodocker</u>

- Rate your satisfaction of this presentation:
 1
 2
 3(1)
 4
 5(2)
- Share something learned from this presentation:
 - I learned some new ways to work with volunteers.
 - I feel the best thing I learned was ways to make sure volunteers feel appreciated and how to help everyone get along.
 - Conflict resolutions for volunteer coordinator volunteer conflicts.
 - Other Comments: We also received a handbook from the speakers' site that contained ideas for recruiting as well as retaining volunteers, which is something I can really use!

NUMBER: ____31____NAME: ___Instant Stressbusters__

- Rate your satisfaction of this presentation: 1 2 3 4 5(2)
- Share something learned from this presentation:
 - Very informative and helpful workshop! I learned how to bust stress away.
 - Methods for dealing with stress.



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- Other Comments:
 - The speaker was funny and very kind. She gave excellent examples of methods to combat stress.

NUMBER: ____30____NAME: _ How to tell your story with Social Media____

- Rate your satisfaction of this presentation: 1 2 3(1) 4 5(1)
- Share something learned from this presentation:
 - There is a social networking site titled Periscope and you can make a social media calendar on Facebook or other sites to help you remember to launch specific information on your business site so you don't have to have someone constantly uploading new content each day. You can have it planned out months in advance and be automatic.
 - \circ ~ I learned about social media that I wasn't previously aware of.
- Other Comments:
 - This focused more on different types of social media. I didn't feel that it truly tied in the idea the keynote speaker had of telling our story. It was fairly interactive, though, and people felt free to ask plenty of questions.

NUMBER: ____38_____NAME: Positive Youth Development

- Rate your satisfaction of this presentation: 1 2 3(1) 4(1) 5
- Share something learned from this presentation:
 - Learned to create a SPARK with children and motivate positive change.
 - \circ $\;$ Learned about the 40 Assets.
- Other Comments:
 - I did not take away anything that I could not have learned by simply reading about the 40 Assets. I was hoping to learn creative methods for applying the theory of 40 Assets but I did not. The presenters lacked spirit and energy as well.

NUMBER: ____39____NAME: ___Teambuilding Activities_

- Rate your satisfaction of this presentation: 1 2 3 4 5
- Share something learned from this presentation: For my first ever real conference presentation I think I went pretty well. A few cases of word vomit but nothing super regrettable and I missed a few points I would have like to have covered but I have learned for next time.
- Other Comments:

NUMBER: __32_____NAME: _A Hotdog Sale! Now, Why Didn't I Think Of That!__

- Rate your satisfaction of this presentation: 1 2 3 4
- Share something learned from this presentation: I learned how to improve my Return on Investment (ROI) when doing a fundraiser.

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• Other Comments: The workshop was ok, I felt like he had good information but his presentation has a little abrasive and sometimes made it sound like he was talking down to people (indirectly, just in general) because he made more money than them. He kept talking about how he hosts these big fundraising parties with lots of expensive wine and food in his big 5,000 square foot house and I felt like not only is that not relevant to a lot of local West Virginia Organizations, but many of those organizations can't afford to host big fundraising parties to bring in more money, so how does that help us when learning how to raise money?

Session 5:

NUMBER: _42_ NAME: _Maximizing Public Resources for Community Needs Assessment_

Rate your satisfaction of this presentation: 1 2 3 4 5

• Share something learned from this presentation: I received a handout containing a list of resources for conducting a community needs assessment.



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Other Comments: This is something that we needed at my site but I had no idea how to even begin, but now I feel that this is something I can do, and it will benefit my site!

NUMBER: 50 NAME: Creative interventions for working with children and adolescents- Christine J.

Schimmel

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- Rate your satisfaction of this presentation: 1 2 3 4 5(5)
 - Share something learned from this presentation:
 - Creative techniques to talk with kids and make a positive change. 0
 - I learned how to use random objects to teach children on how to deal with things.
 - I learned many, many creative counseling techniques that can be used with children. 0
 - This workshop provided a lot of knowledge in getting to know the youth you serve with, and how best to utilize time to reach them in an effective manner.
 - GREAT presentation! I hope she puts it all in a book! I'd buy it!
- Other Comments:
 - Going to visit the speaker at WVU in Morgantown to see other techniques and learn more about the counseling program.
 - The presenter was fabulous!!!
 - This workshop was very interactive and engaged the group. I loved it.

NUMBER: 43 NAME: Facilitated Brainstorming

- 5 Rate your satisfaction of this presentation: 1 2 3 4 •
- Share something learned from this presentation: Great new brainstorming activities to get juices • flowing.
- Other Comments: I will email his contact.

NUMBER: _51_ NAME: Creative Interventions for working with children-

- 3 4 5 • Rate your satisfaction of this presentation: 1 2
- Share something learned from this presentation: Methods to communicate with youth.
- Other Comments: Great presentation!

NUMBER: 44 NAME: Be Careful What You Ask For...Grant Preparedness- Violette Burdette

- Rate your satisfaction of this presentation: 1 2 3(1) 4(2) •
- Share something learned from this presentation:
 - I loved the grant preparedness checklist the instructor gave us, as well as other ways to be 0 organized while writing grants.

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- I learned about how to plan in advanced before applying for a grant for my organization because the grant that I am applying for may not suit the needs of my organization and vice versa.
- Be diligent about ensuring awarded funds are spent as close to the grant stipulations as possible.
- **Other Comments:**
 - I wish there had been time to run scenarios/specific examples
 - Overall, the workshop was great and filled with a lot of good information and resources that I was actually able to take home because of papers with all kinds out guidelines and resources on them. I do feel that she tried to squeeze so much information into just an hour and a half though. I know that there is so much information that can be covered when it comes to grant writing but I feel like she tried to get all that information to us in just one session.

5:30 p.m.-7:30 p.m. Embassy Suites Managers Reception 7 p.m. Dinner walk as a group to Mall



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- Please rate your satisfaction with Dinner (Black Sheep Burritos and Brew's): 1 2 3 4 5(11)
- Comments: another great day of bonding with VISTAs, love our group.
 - Thank you for taking us out for dinner and lunch so much it was such an unbelievable treat!
 - Awesome to eat somewhere local!
 - **SO. GOOD.**
 - Great food with great people! Loved hanging out with everyone!

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- Another great day of bonding with VISTAs, love our group.
- This place was soooooo good!! Company again was great!
- Super great food! And again a great chance to hang out with everyone. I wish we had been able to have one big table though. Our group like any does have its clicks unfortunately. We do not get to see each other often so people tend to hang out with the ones they miss most and forget to involve and get to know more people to miss.

Thursday October 15

6 a.m. – 9 a.m. Cooked to order breakfast

9 a.m. – 12 p.m. VISTA Training Embassy Suites room 227 & depart for home

- Please rate your satisfaction with Lunch (Indian Food): 1 2(1) 3(1) 4(1) 5(8)
- Comments:
 - o Delicious!
 - I got to try all sorts of new foods! I miss everybody, though.
 - I'm glad people were willing to try something new.
 - Thought we were doing Thai....but never had Indian food before and it was a pretty great first experience.
 - $\circ~$ I've never had Indian food but I've always wanted to try it and am open to trying new foods. However, Indian food is not for me.
 - Great to eat somewhere local, awesome to try out new food!
 - Nice place with good food!
 - WONDERFUL! Never had it and I wanted more and more and more! Glad so many people had such a good time trying something new.
 - Very, very tasty. Thank you for taking us there!!
- Please rate your overall <u>lodging</u> experience at the Embassy: 1 2 3 4 5(9)
- Comments:
 - Kings and Queens for a week, it was great thank you.
 - \circ $\;$ Really great place to stay. I would definitely stay there again.
 - o GREAT!!
 - The Embassy was a very nice place to lodge. I approve!
 - Overall I had an excellent time with everyone! I just wished that Pam's door knob to her room never broke, especially at night when there aren't maintenance personnel on duty.

Always a fan of staying at the Embassy! Great chance to relax in a decent living environment for a bit