



Macarthur Girls High School

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Dear Darren

Thank you for your energetic delivery of the program "Shape your destiny". The students appeared to appreciate the content and the quality of the course. Please find following some specific feedback in relation to the course.

NSW government policy prohibits schools from endorsing private or commercially produced programs or courses. Therefore, it is not appropriate to use this letter to support or promote your program. You may, however, quote sections of text against our school name.

We look forward to utilising your program again in 2006.

Feedback on *Shape Your Destiny* Workshop

Reaction of the girls

The girls had great fun in the workshop rating it very highly:

89 students 10 out of 10

41 students 9 out of 10

i.e. 120 students out of a total 160 students rated the seminar 9 or above.

The girls also rated it highly overall:

79 students 10 out of 10

43 students 9 out of 10

26 students 8 out of 10

i.e. 148 out of 160 students rated the seminar 8 or above.

Comments

Some comments about the things gained from the seminar included:

"I learnt to just go for your dream and work hard towards it."

"I was lost before and didn't have an idea about what to do. Now I understand myself and what I want to do."

"I gained a better understanding of myself and what I want to do in the future."

"I gained an understanding of my goals rather than my parent's goals. It has motivated me to look further in career paths than to do something I don't enjoy."

"It was a journey of self-discovery, packed with insightful information, funky music, and a gift that I will treasure forever – motivation! Thank you very much Darren."

"It helped me understand my passions, myself and my talents. It made me more confident as a person and taught me to focus on the positives rather than the negatives."

Interest levels

The girls found it really interesting to align their personality to career choice. Many of the students had not really had the opportunity to really think about what they would be best suited to based upon their passions, dreams, talents and abilities. They really valued hearing the opinion of an unbiased person. Many have used this seminar to kick-start their motivation to study hard at school. They have set specific academic goals and have created actionable steps to achieve their goal.

Energy in the room

There was heaps of energy in the room. The girls came away highly motivated. Comments included:

"I gained the motivation to do what ever I want, if I have a detailed plan. I now feel confident in what I want to do."

"This seminar helped me to get motivated and fired up about what I would like to do. It also gave me a clear picture about the future."

Presentation skills

Darren had the girls eating out of the palm of his hand. They thought he was a fantastic presenter and person who understood kids.

Impact of the music

The music was a fantastic addition to the presentation. It was used appropriately to give meaning and to get the girls motivated. The peak state and anchoring activities would not be the same without the music.


Strategies

The "Yes" and "peak state" strategies were highlighted by the students as being some of the best ideas they gained from the seminar. It certainly helped the students to believe in themselves and go after their dreams. They still mentioned this weeks after the seminar. They need more ideas on down-to-earth every day ways they can get motivated etc without relying on music.

Outcomes/worthwhile investment

The seminar was worth the cost. The majority of our students got something out of it. For many it was the motivation they needed at the beginning of Year 11 to get on and stay on track. We will definitely be inviting Darren back. The girls are still talking about how great the seminar was and the difference it made to the start of their senior studies.

Yours sincerely



Ken Gill
Principal