

Moving Forward

From Surviving to Thriving

FINAL REPORT

May 30th, 2012
 Hidden Valley Inn
 27 evaluations completed – 77%

Keynote Speaker – Patricia Griffiths

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Presenter was effective	23	4			
Time allocated to the session was adequate.	17	6	3	1	
The subject matter was what I expected.	11	8	6	1	
The session enhanced my knowledge.	20	5	1		
I will apply what I learned in my every day life.	16	5	6		

Comments:

- I have been shocked today. My mother often threatened me with being sent to girl's training school. The speaker can be heartily congratulated for her great turn around and now applying her experience to the here and now.
- Good sense of humour.
- Good start – survive to thrive. It is a journey – ask helpful questions – what is possible? Very insightful!
- Moving towards witnessing/advocacy for self – respect.
- Excellent!
- Great idea to bring this to our attention.
- So many things I realized.
- Thanks for sharing – you are inspiring!
- Learned that I have to trust myself – trust I am a good person!
- Patricia was well spoken and informative.

Lauren Power- Out of The Loop (12 completed)

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Presenter was effective	10	2			
Time allocated to the session was adequate.	9	1	1		1
The subject matter was what I expected.	9	2			
The session enhanced my knowledge.	10	1	1		
I will apply what I learned in my every day life.	8	2	1		

Comments:

- Importance of women/strangers with so much common experience – painful, confusing, growing path.
- Lauren is dedicated and knowledgeable. I appreciate her wisdom and information.
- Lauren was a wonderful speaker. (3)
- It was an eye opener to be out of the loop. Something I have to put to practice.
- Learned to pay more attention to anger, victim and denial
- Timely topic – lots to think about and tools to use.
- Was very informative. Helpful to know the cycle and to recognize and to listen to our inner voice and to grow from our experiences to thrive, find love and keep it.

Maria Duncalf – Honouring Yourself (10 completed)

Strongly Agree Agree Neutral Disagree Strongly Disagree

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Presenter was effective	9	1			
Time allocated to the session was adequate.	3	3	1	3	
The subject matter was what I expected.	3	6	1		
The session enhanced my knowledge.	6	2	2		
I will apply what I learned in my every day life.	6	3	1		

Comments:

- Enthusiasm made it fun – I would do another workshop with her any day!
- What an energetic facilitator!! Terrific session, though provoking and involving – wonderful!
- Amazing as always! Powerful energy!
- It was amazing – thank you!
- Fantastic! Healthy relationships are important – excellent exercises – very interactive – we learn from each other. Love the handouts! Love the candles – be present!

SkyWorks Presentation – “Until Someone Listens”

Strongly Agree Agree Neutral Disagree Strongly Disagree

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Presenter was effective	18	9			
Time allocated to the session was adequate.	13	7	3	2	1
The subject matter was what I expected.	13	9	3	1	
The session enhanced my knowledge.	19	6	1		
I will apply what I learned in my every day life.	15	4	7		

Comments:

- Sad, angry, hurt, scared – want better.
- Tell those who should know – share willingly.
- It really is making me aware of the subject.
- Powerful – great way to present – movie, then discussion.
- Never realized these places existed and the trauma so many young people went through. I feel so ignorant but know and will share so others are aware and help others to open up and speak out against these inhuman situations.
- A bit rushed to get the DVD seen but otherwise, it was excellent.
- Amazing what these girls were put through and they survived. Thanks Laura – we need more info out there!
- Shocking, brutal real message brought to light – powerful!
- A little long.
- I didn't know anything about Grandview. (2)
- Raised my awareness about the issue.
- Eye opening.
- Educational, realistic, well done!
- Stories are powerful! Listening and believing. The presenter's voice was hard to hear at times.

Circle Dance

Strongly Agree Agree Neutral Disagree Strongly Disagree

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Presenter was effective	7	8	1		
Time allocated to the session was adequate.	7	5	4		
The subject matter was what I expected.	7	5	3		
The session enhanced my knowledge.	8	2	5		
I will apply what I learned in my every day life.	7	3	4	1	
Comments: <ul style="list-style-type: none">➤ Women sharing honestly with women – very powerful.➤ Fun!➤ Lovely tune – we are all one.➤ I am not able to participate due to spiritual conviction.➤ What a wonderful ending.➤ Great fantastic day – thank you!➤ Dance is life – fun – connecting energy. Wonderful way to end with intention.					

General Conference Content

What is the most important thing you learned about during your time with us?

- Power of listening and being heard – power of story is healing – safe place for voice.
- I have a lot more to learn about myself.
- Move from the abuse – I am not the abuse.
- Had a hard time with seeing so many abused women around me.
- Knowing that I'm not alone in problems, especially within my family and my need for boundaries and to withdraw when I need to. Not to minimize my own past experiences but to have a better perspective and awareness as far as others and the effects of abuse and the power to change. Create your own new story. Reinvent myself. I'm not the past. The challenge to change.
- We, as women, can heal when we help each other.
- How strong our will is and what we are capable of surviving.
- That there is so much unnecessary control and power trips. Sexual abuse, physical abuse, to keep and belittle to such a degree that you feel less than an insect, could be squashed at any minute or second.
- To keep on going.
- That I can become whole.
- Seeing myself being trapped in silenced anger.
- Having information from Lauren to change behaviours.
- Grandview.
- If my gut says to trust someone I should trust that person and that I should never stop telling people.
- Being mindful, conscious decision of getting better.
- Thriving is so much more life enhancing than just being a survivor.
- The only thing that heals is love.
- Stay – don't give up on myself.
- Silence keeps abuse going. To survive, women have to develop extraordinary strength – sad situation.
- Healthy and unhealthy relationship, which helps me better understand my own personal relationships.
- I am not alone. There is help.
- I learned that women share the good, bad and ugly and it's ok. We all have a story and we need to keep sharing, in order to educate each other. History determines the future.
- It was pleasurable to be in a safe place sharing with other women.

Are you planning to use any of the tools you have learned from this conference in your own life?
Yes 22 No 2 IF YES: Which one(s), and how will you use them?

- It kind of is my life.
- To take the stories that I have heard to use the information in a good way so that young women can know how strong we really are to overcome anything to take our power back and to stand together.
- The workshop information will stay with me and I will be mindful of the information.
- Still talking – still report abuse – no one trusts the one who tells.
- I took a lot of notes in Lauren's workshop that I will take away and journal about – I'm grateful for that.
- All the information from Lauren's workshop.
- Taking better care of myself, taking care of others, with care and an open mind, listening ear.
- I will continue to look out for number one (myself) and not stop telling my experience. Be more open and honest with my therapist.
- Tell what happened.
- Presence – old tool that's always new.
- Lots!
- This was more affirmation of what I am doing.
- Speaking up, listening, sharing, helping to step in my own way. Tell and let others know who, like me, may be unaware and show them support as well.
- Keep moving forward even when I fall back!
- To reread Lauren's great handouts and when needed, when experiencing difficulties – refer to it. The importance of children and people being loved, caring and kindness are important and sharing talking to others about difficulties and detaching from negative or destructive relationships.
- Keep working on, not stuffing feelings. Work on anger, shame and guilt.
- Create a different story – Can't love myself? Then at least, respect myself.
- Healthy relationship session tools – intention – I will review and process the information for days ahead.
- Many things with Maria.

Further comments.....

- Next time, have the morning break before the first workshop and go right through to lunch. We were late starting and then late for lunch – just a suggestion.
- Thank you so much for today!
- Keep Moving Forward! Pretty flowers – beautiful view of trees. Lots of work to be done to continue raising awareness and healing.
- Thank you – please do more conferences!
- A very powerful day! Moving – soul searching. Living alone, I needed to talk about these – discuss with someone.
- Lots of work to be done – more awareness needed – some support needed for males and not just for sexual abuse. Please offer more sessions – safe environment.
- Thank you thank you! Would love to have opportunity to participate in many more such events!
- GREAT! Let's have yearly refreshers. I need to learn new techniques and to have reminders about thriving. I have not arrived – I am on the journey!
- Thank you so much for having this conference – I hope you have many more.
- Very good conference.
- Thanks to all the ladies who spoke and put this together for us. Keep up the good work – it is very much appreciated!
- I will attend again when the program is offered.
- I really enjoyed this – it was very interesting! Great presentations, wonderful women!! Hope there is another next year and I get invited back! Kudos!
- I would appreciate that foul language would be put into check. Not appreciated or warranted. Disrespectful – showed up mainly in Maria's presentation but main conference as well.

VENUE & ORGANIZATION	Excellent	Good	Fair	Poor
Facilities	21	3		
Meals and Refreshments	19	3	1	
Organization of the Conference	19	4		
Comments: <ul style="list-style-type: none"> ➤ Great Day! Thanks so much! ➤ Providing an alternative to coffee and tea would be a suggestion – pop, juice. ➤ Thank you for having me – it was a good experience. ➤ Thank you! (4) ➤ Lots and lots more of these conferences! Regularly – we deserve and need them! ➤ My email was not working – please phone us as well to notify! 				