



Feedback from Training Seminar Participants

On Coaching and Teambuilding for Managers and Supervisors:

"Jo Lena presented the course material while seamlessly integrating questions and examples from the participants. I'll be able to take several things I learned today and use them at work and home."

*Darin De Boer, Director of IT Infrastructure,
CNA Surety, Sioux Falls, SD*

"Thanks for the opportunity to gain skills that will help me to build team harmony, for me to be prepared to deal with conflict more effectively, for me to recognize how important my commitment is, and to be aware of how differences can really be. I've been given skills to help move my group to become a better team."

*Bill Bettinger, Recreation Coordinator,
City of Shoreline, Shoreline, WA*

On Better Communications:

"This workshop helped me to realize my attitude & behavior – and my body language that may offend my co-workers unintentionally. It's an opportunity for me to correct and learn that people have different personalities."

*Youda Crain, Closing Auditor
Skyline Financial Corp, Pasadena, CA*

"Jo Lena was great. She really knew her subject and how to engage the class. Never boring. She was very friendly and seemed to understand the psychology of the human thought process. The exercises were great. She was very animated and covered the subject well. You go, Jo Lena!"

*Cathy Jones, Secretary,
Adventist Medical Center, Portland, OR*

"Jo Lena offers her heart and her passions to help you look at yourself and recognize its okay to have our own idiosyncrasies and to work with our strengths while we practice improving/working with our weaknesses."

*Serena Rodgers, Sr. Administration
SIR Construction, Mukilteo, WA*

On Conflict Management Skills for Women:

"I thought Jo Lena kept my interest and related real life experience to people's individual differences. She made the workshop fun – some mean "feet" with 60 different people in the room."

*Jane Draper, General Manager
Wales National Pool, Swansea, United Kingdom*

"This workshop was held by the most dynamic and exuberant facilitator I have ever met. She really knows her stuff and was exceptional in her ability to express the discussions and enlist the participation of the delegates. Superb!"

*A. Hunter, Director,
CMG, Reading, Berkshire, England*

"Timing and pace excellent. A nice balance between attentive listening and active participation. Great humour and atmosphere."

*Patricia Godfrey, Sr. Meals Supervisor,
Sacred Heart School, London*

"A superb enjoyable and informative approach to dealing with conflict both professionally and personally. The day provoked a lot of thought, coupled with humour and ways of dealing with life in general."

*Elaine Beautridge, Area Business Manager,
Kent Police Department, Kent, United Kingdom*

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