



ASSESSMENT MATTERS!

- **88%** of participants created better relationships with their teams and organizations due to their participation in HEART.
- Only **59%** of participants report having a sense of community belonging to their campus prior to the training; after, **96%** of participants report a greater sense of community and feeling of connection.
- **85%** of participants reported being able to more effectively communicate with others in a team setting.
- **88%** leave PTG with a better sense of their personal strengths and weaknesses.
- **100%** of participants said that PTG helped them advance their competency in self-discipline.
- Before PTG, only **42%** of participants considered themselves a leader in any capacity; after, **97%** of participants report identifying themselves as a leader.
- **95%** of students indicated that they were VERY satisfied with the available resources PTG provided post training.
- **90%** of students stated that their experience with PTG better prepared them to overcome or manage negative feelings.
- **83%** reported being able to more effectively address and handle conflict among members of a team.
- **100%** of participants reported feeling more confident.
- **96%** of participants reported being more motivated and focused academically due to their experience with PTG.
- **90%** of respondents said that PTG prepared them to accept ownership for their actions.
- **88%** of participants indicate that PTG prepared them to manage peer pressure.
- **96%** of participants reported that their PTG experience better prepared their abilities to self-motivate.
- **97%** of participants responded 8-10 on a scale of 1 to 10 in regards to their ability to transfer curriculum from training to life.

More data-based results available upon request.

Satisfaction Data

- **100%** of participants on a scale of 1-5, rate HEART of a Leader as either a 4 or 5 in the following:
 - Beneficial use of my time
 - Presenter was knowledgeable
 - Would recommend this to a peer
 - Effectiveness of program overall

About the Assessment

Sample Size: 1,500 graduates of the HEART of a Leader, two-day, leadership training experience.

Survey Method: 3 week and 6 month pre/post measuring 125 data points assessing:

- **Professional Development (Not all listed)**
 - Teamwork
 - Professional Preparedness
 - Public Speaking
 - Goal Setting
 - Effective Communication
- **Personal Development (Not all listed)**
 - Emotional Management
 - Self-Confidence
 - Sense of Belonging/Connection
 - Self-Awareness
 - Self-Motivation
- **Program Effectiveness**

Response Rate: 62%

Sample Testimonials:

"I personally think that every student should have the opportunity to take advantage of this program. HEART needs to be a larger part of this campus, the value would be incredible. We spend 94 hours in class each semester and I strongly believe that these 24 hours with the continued guidance of the trainer have impacted my life more than anything else I can reflect on."

"I have had the fortunate opportunity in my life to have had many varied experiences. From my time as a Special Forces soldier traveling and training all around the world, to my various business ventures as an entrepreneur. I can say unequivocally that "HEART of a Leader" is the single best leadership training I have ever experienced. Hands down, there is nothing else even close! If you want to grow your business, your team, or yourself, THERE IS NOTHING BETTER!"

"I will never doubt the power of the human spirit again. At 8am on day 1 it was tough to be here and at 4:30pm on day 2, it was hard to leave! Awesome, if you were my coach I would play my butt off for you! Thanks for showing me how simple and hard it is to change something I've been trying to change for years. Energy x Execution = Results!" – Heath Butler, HEART Team #474 - Piqua High School BB coach and teacher

"If you've been through other leadership trainings before, this is NOT THAT TRAINING! These facilitators have distilled a library of knowledge and research into a transformative experience that the world needs to take the time to go through! Awesome job, awesome material, and a great role model of practicing what you preach!"

"Retreats stress me out because I have to fake energy and play shallow games followed by weak reflections. It was a huge relief and joy that this retreat was not like that. Many aspects of my life were put in perspective and I will be making conscious actions to better myself. OUTSTANDING!"