

**Virginia SBDC**  
Management Training Report

**Event Information**

		Center & Event #:		70-2023-12
Event Title		Start Date	Start Time	Program
The Power of Words		10/20/2023	9:00:00 AM	SBDC
Site		End Date	End Time	Sub-Program
LRCC		10/20/2023	10:00:00 AM	Not Set
City, State & Zip		Sessions	Total Hours	Reviewed By
Middletown, VA 22645		1	1	ckriz
Event Topic		Program Format		Entry Person & Date
Human Resources/Managing Employees				ckriz on 11/27/2023 8:16:56 PM
				Language
				English

**Number of Attendees**

Total Attendees	In Business	6	Active Duty	0	Asian	0	Native Amer.	0
11	Disabled	0	Veterans	0	Black	2	Pacific Islnd.	0
Underserved	Women	9	Service Disabled Vet.	0	North African	0	White	8
9	LGBTQ	0	Reserve/Nat. Guard	0	Middle Eastern	0	Hispanic	0
			Spouse of Military Member	0				

**Resources Participating**

<input type="checkbox"/> SBDC	<input type="checkbox"/> Educational Institution	<input type="checkbox"/> Online Training Resource	SBA Office: None
<input type="checkbox"/> SCORE	<input type="checkbox"/> Chamber of Commerce	<input type="checkbox"/> SBA District Office	Other Govt. Agency: None
<input type="checkbox"/> WBC	<input type="checkbox"/> Trade or Professional Assoc.	<input type="checkbox"/> Native American Center	Other: None
<input type="checkbox"/> VBOC	<input type="checkbox"/> For-Profit Organization		

**Attendee Fees**

**Fee Distribution**

Attendee Count:	Full Fee #	Discount Fee #	No Show #	No Fee #	SBDC	SCORE
	0	0	0	11	\$0.00	\$0.00
Fee Income \$	Full Fee \$	Discount Fee \$	No Show \$		WBC	SBA
	\$0.00	\$0.00	\$0.00		\$0.00	\$0.00
Other Income \$	Other \$			Total Fees Collected	Co-Sponsor	Total Distribution
	\$0.00			\$ 0	\$0.00	\$ 0

**Event Notes**

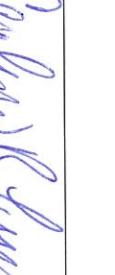
**Public Information**

Standard Fee \$	Web Info: Address, Directions, URL, etc.	Misc. Public Information
\$0.00		
Alternate Fee \$		
\$0.00		

Power Up Your Business Conference

The Power of Words Breakout Session

Friday, October 20, 2023

	<u>Print Name</u>	<u>Company</u>	<u>Signature</u>
1	Scott Fink	5 Star Executive Chauffeuring	
2	Carlynn Triplett	Artisan Plumbing	
3	Jordan Keenan	VirtuGene SBD	
4	Alexandra Reinhardt	Good News Coffee Co	
5	Jim Coors	Mount Hermon Cemetery	
6	Will Shores	RE/MAX	
7	Karen Den	RWB Disposal	
8	Liz Rishel	Edward Jones	
9	Todi Adams	ENB	
10	Alisa Price	LaVoch Paint	
11	Jayneke Bowers	City National Bank	
12	Lori H Evansola	" " "	
13	Todd Sunkewappa	Daily Buzz	

Power Up Your Business Conference

The Power of Words Breakout Session

Friday, October 20, 2023

	<u>Print Name</u>	<u>Company</u>	<u>Signature</u>
14	Sierra Collins	SLC	Sierra Collins
15	Katrine Meade	City Note	Katrine Meade
16	Denise Klesca	Klein Virtue	Denise Klein
17	Evette Smith	It's A Priority	Evette Smith
18	Tina Mofar	Consistent Voice Communication	Tina Mofar
19	Nancy Schrock	Cedar Grove Photography, LLC	Nancy Schrock
20	Souced Davis Standard	PLS/LEGAL SHIELD	Souced Davis Standard
21	Constance Davenport	First Bank	Constance Davenport
22			
23			
24			
25			
26			

### **Bio for Session: The Power of Words**

Jeff Nicely is our Small Business Development Center's Social Media expert with a passion to transform small businesses. His 8 years of work here led him to become a life coach in training with New York Times bestselling authors and coaches, Jay Shetty and Mark Waldman. With a focus on reducing workplace stress, boosting productivity, and fostering meaningful client/customer connections, Jeff harnesses the profound power of Compassionate Communication which he will share with us today. Let's welcome Jeff to unlock our full potential and create thriving, harmonious workspaces.



The strategies are:

1. R \_\_\_\_\_
2. Stay \_\_\_\_\_
3. Cultivate \_\_\_\_\_
  
4. Increase \_\_\_\_\_
5. Reflect on your \_\_\_\_\_
6. Access a \_\_\_\_\_
  
7. Observe \_\_\_\_\_
8. Express \_\_\_\_\_
  
9. Speak \_\_\_\_\_
10. Speak \_\_\_\_\_
11. Speak \_\_\_\_\_
12. Listen \_\_\_\_\_

Today we will focus on 5 Communication Strategies:

1. Be \_\_\_\_\_
2. Increase \_\_\_\_\_
3. Speak \_\_\_\_\_
4. Speak \_\_\_\_\_
5. Listen \_\_\_\_\_

**Please follow us:**

Facebook: [www.facebook.com/LaurelRidgeSBDC](http://www.facebook.com/LaurelRidgeSBDC)

LinkedIn: [www.linkedin.com/in/laurel-ridge-small-business-development-center/](http://www.linkedin.com/in/laurel-ridge-small-business-development-center/)

**SBDC**  
**Summary of Training Evaluations**  
**(Attach to Form 888)**

**Title of Training:** The Power of Words  
**Date Offered:** 10/20/2023  
**Location:** Middletown

**Analysis of Responses to Question #5: "Overall, the training was worth my time and investment."**

**From ALL Evaluation Forms:**

Number of check marks in Column 1 (Strongly Agree)	<u>20</u>	X	<u>5</u>	=	<u>100</u>
Number of check marks in Column 2 (Agree)	<u>1</u>	X	<u>4</u>	=	<u>4</u>
Number of check marks in Column 3 (Undecided)	<u>0</u>	X	<u>3</u>	=	<u>0</u>
Number of check marks in Column 4 (Disagree)	<u></u>	X	<u>2</u>	=	<u></u>
Number of check marks in Column 5 (Strongly Disagree)	<u></u>	X	<u>1</u>	=	<u></u>

**TOTAL SCORE** 104 (a)

<b>Total Number of Forms Received</b>	<u>21</u>
<b>Total Number of Attendees</b>	<u>21</u>
<b>Percentage of Response</b>	<u>100%</u>

**Total Number of Forms Received** 21 (b) X 5 = 105 Maximum Score (c)  
Divide (a) by (c) = 99% Level of Satisfaction  
Divide (a) by (b) = 4.95 Average Score



## **SBDC Training Course Evaluation**

**Name of Training Class** **The Power of Words**

**Date** **10/20/23**

**Location** **Middletown, VA**

Your response to this form is very important to us as we strive to bring you the highest quality training available. The information you provide is anonymous and confidential and will be used collectively to evaluate our training program.

Please indicate one response on each line.

		<b>Strongly Agree</b>	<b>Agree</b>	<b>Undecided</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
1. The seminar gave me a good working knowledge of the subject matter.		✓				
2. The seminar environment was conducive to my learning.		✓				
3. The handouts were helpful.		✓				
4. The presenter was knowledgeable on the subject matter.	Jeff Nicely	✓				
5. Overall, the training was worth my time and investment.		✓				

Additional comments:

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What other topics you would like to see offered? \_\_\_\_\_

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		Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1. The seminar gave me a good working knowledge of the subject matter.		X				
2. The seminar environment was conducive to my learning.		X				
3. The handouts were helpful.		X				
4. The presenter was knowledgeable on the subject matter.	Jeff Nicely	XXX				
5. Overall, the training was worth my time and investment.		X				

Additional comments:

Fantastic presenter, presentation style + content

What other topics you would like to see offered? \_\_\_\_\_



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2. The seminar environment was conducive to my learning.			✓			
3. The handouts were helpful.			✓			
4. The presenter was knowledgeable on the subject matter.	Jeff Nicely	✓				
5. Overall, the training was worth my time and investment.		✓				

Additional comments:

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What other topics you would like to see offered? \_\_\_\_\_



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5. Overall, the training was worth my time and investment.		✓				

Additional comments:

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What other topics you would like to see offered? \_\_\_\_\_



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3. The handouts were helpful.						
4. The presenter was knowledgeable on the subject matter.	Jeff Nicely					
5. Overall, the training was worth my time and investment.						

Additional comments:

*Add a box for business cards when sign into class*

What other topics you would like to see offered? \_\_\_\_\_



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2. The seminar environment was conducive to my learning.		✓				
3. The handouts were helpful.		✓				
4. The presenter was knowledgeable on the subject matter.	Jeff Nicely	✓				
5. Overall, the training was worth my time and investment.		✓				

Additional comments:

Helped me see how my communication with employees was lacking a lot of positivity/listen

What other topics you would like to see offered? \_\_\_\_\_



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3. The handouts were helpful.		✓				
4. The presenter was knowledgeable on the subject matter.	Jeff Nicely	✓				
5. Overall, the training was worth my time and investment.		✓				

Additional comments:

*Thank you! Looking forward to implementing  
and own these techniques*

What other topics you would like to see offered? \_\_\_\_\_



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		Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1. The seminar gave me a good working knowledge of the subject matter.		X				
2. The seminar environment was conducive to my learning.		X				
3. The handouts were helpful.		X				
4. The presenter was knowledgeable on the subject matter.	Jeff Nicely	X				
5. Overall, the training was worth my time and investment.		X				

Additional comments:

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What other topics you would like to see offered? \_\_\_\_\_



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		Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1. The seminar gave me a good working knowledge of the subject matter.		✓				
2. The seminar environment was conducive to my learning.		✗				
3. The handouts were helpful.		✗				
4. The presenter was knowledgeable on the subject matter.	Jeff Nicely	✗				
5. Overall, the training was worth my time and investment.		✗				

Additional comments:

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What other topics you would like to see offered? \_\_\_\_\_



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4. The presenter was knowledgeable on the subject matter.	Jeff Nicely	/			
5. Overall, the training was worth my time and investment.		/			

Additional comments:

*Wonderful and impactful USEFUL information*

What other topics you would like to see offered? \_\_\_\_\_



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4. The presenter was knowledgeable on the subject matter.	Jeff Nicely	✓				
5. Overall, the training was worth my time and investment.		✓				

Additional comments:

Excellent!

What other topics you would like to see offered? \_\_\_\_\_



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Additional comments:

Jeff is incredible!

What other topics you would like to see offered? \_\_\_\_\_



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5. Overall, the training was worth my time and investment.		✓				

Additional comments:

Great session! I look forward to starting to help improve especially with listening. Thank you!

What other topics you would like to see offered?



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Additional comments:

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What other topics you would like to see offered? \_\_\_\_\_

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Additional comments:

Excellent!!

What other topics you would like to see offered? \_\_\_\_\_



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5. Overall, the training was worth my time and investment.		✓				

Additional comments:

Very present & interactive!! Jeff practiced what he was teaching & allowed shifts & questions. Willing to interact.

What other topics you would like to see offered? \_\_\_\_\_



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4. The presenter was knowledgeable on the subject matter.	Jeff Nicely	✓				
5. Overall, the training was worth my time and investment.		✓				

Additional comments:

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What other topics you would like to see offered? \_\_\_\_\_

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3. The handouts were helpful.		✓				
4. The presenter was knowledgeable on the subject matter.	Jeff Nicely	✓				
5. Overall, the training was worth my time and investment.		✓				

Additional comments:

*Love Jeff's energy and positivity.*

What other topics you would like to see offered? \_\_\_\_\_



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4. The presenter was knowledgeable on the subject matter.	Jeff Nicely					
5. Overall, the training was worth my time and investment.		✓				

Additional comments:

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What other topics you would like to see offered? \_\_\_\_\_



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4. The presenter was knowledgeable on the subject matter.	Jeff Nicely	✓				
5. Overall, the training was worth my time and investment.		✓				

Additional comments:

What other topics you would like to see offered? How to be engaging and being more intentional in building DEI in your business



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4. The presenter was knowledgeable on the subject matter.	Jeff Nicely					
5. Overall, the training was worth my time and investment.			✓			

Additional comments:

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What other topics you would like to see offered? \_\_\_\_\_