

2017 Winter Solstice Trainer Forum Feedback Report

1. How was the pace of the Forum for you?

- Out of 17 responses, 12 answered “just right”
- 5 said it was “too fast”

2. What did you like most about this year’s Forum? What did you gain?

- Nearly one-third of participants acknowledged how much they enjoyed the group’s diversity, dynamic and togetherness, including the break out / discussion groups
- Participants appreciated opportunities for networking and connection
- Clear and concise - topics were informative and the right amount was shared

3. Overall, I found the effectiveness of the Forum to be:

- 47% (8 people) rated their experience a 4
- 41% (7 people) rated their experience a 5
- 11 % (2 people) rated their experience a 3

4. I found the Meet and Greet time to be:

- 41% (7 people) recorded a 4
- 23.5% (4 people) recorded a 5
- 23.5% (4 people) recorded a 3
- 1 person recorded a 2
- 1 person recorded a 1

5. What worked well and what would make a Meet & Greet more effective next time?

- Majority of participants prefer to have more time to get to know one another
- Element of fun and movement was appreciated

6. I found the time spent in break-out groups by Academy roles to be:

- 80% (14 people) of participants rated their experience a 4 or better
- 2 people gave a 2
- 1 person gave a 1

7. About the break-out by roles time, what worked well and what would make it more effective next time?

- Some participants would have liked to experience the other break-out groups
- Participants prefer more time so everyone has the opportunity to speak; one suggestion made was to implement a facilitator to help maintain the tempo of the conversation
- Technology related suggestions: powerpoint presentation to be improved (ie more visually appealing); some information / content be shared online

8. Orientation to Contract Admin Presentation:

- Out of 6 people, 4 rated their experience a 4; and 2 rated their experience a 4

9. About the Orientation to Contract Admin, what worked well and what would make it more effective?

- Participants appreciated the information and meeting the staff
- Suggestion: material be shared online
- Suggestion: powerpoint be improved (ie consistent verbiage)

10. Section about Global Decision Making:

- Out of 10 people, 9 rated their experience a 4 or better
- 1 person rated their experience a 3

11. About Global Decision Making, what worked well and what would make it more effective?

- Participants referenced the practicality of their involvement such as, how likely it is to be involved in an online group / community
- Also, it was not clear how participants can recall the “specific areas”
- Participants found the presentation to be informative and interesting

12. I found the Updates portion to be:

- Out of 14 participants, 11 rated their experience 4 or better

13. About Updates section, what worked well and what would make it more effective?

- In general, participants enjoyed this portion of the Forum
- Participants look forward to the quarterly bulletin and happenings with Sutra
- Participant suggestion: Email communication about future updates, such as manual or training material edits; option for trainers / teachers to not have to continuously keep purchasing new “updated” materials. Is it possible to offer a pdf option?

14. EPS workshop on Peer Training:

- 55% (6 people) of participants rated their experience a 5
- 36% (4 people) of participants rated their experience a 4
- 1 participant rated their experience a 3

15. About the EPS workshop, what worked well and what would make it more effective?

- Participants noted they enjoyed the role playing scenarios, which led to better understanding of the topic
- Critiques: one scenario may have been enough; more time to debrief as a group; warm up prior to role play (ie “ask for scenarios that the attendees have experienced”)

16. What would you like to see improved in the future forums? What was least effective?

- A few participants acknowledge the logistical challenge of not being on the 3HO Winter Solstice site; most especially problematic for those who are area managers or service exchange and are required to be onsite the same day of the Forum. Participants request this be coordinated between the Forum & Winter Solstice. One participant suggested, as an area manager at the Solstice events you earn credits for Forum attendance.
- Scheduling / Agenda: more time for group work / team building / in-depth “get to know” one another; going deeper with specific topics; add a half-day to Forum for outdoor field-trip; break-out groups - Although participants could move to different groups, one

participant found this to be disruptive and suggests having 2-3 options to lessen the “angst” of missing out on another topic.

- Breakfast: “skimpy” “light”
- “It continues to appear that requirements and policies around becoming a Level II Lead Trainer continue to change without the involvement and comment of the Trainer in the development process trying to become a Level II Lead Trainer.”

17. What topics are important for you to discuss at future Forums?

- Diversity (mentioned 3x out of 15 responses)
- Yoga as tool for social change
- Interaction between Trainers to grow as a community
- Best practices, tools, skills and delivery for teacher training programs; what resources are available / can be implemented?
- Updating material, improving curriculum
- Financial impacts, egalitarianism in pay scales
- Mentoring
- Maintaining integrity of teachings and vision of Yogi Bhajan to be “10X greater”

18. What trainer skills or competencies for delivering Level One or Level Two trainings, would you like in future Forums?

- Innovation, creative ways to deliver teachings other than lecture format (teaching methodologies)
- Developing skills to give students an “experience”
- Communication across all levels of Academy; group facilitation and how to increase participation
- Exchange of ideas amongst trainers; Senior trainers share best practices
- Mentoring
- “Practical, grounded [ways of] using the teachings in day to day life and how to bring that to life in the curriculum.”

19. What content credit areas would you like to develop in future Forums?

- This question was unclear to some.
- Physical Anatomy; Humanology
- LGBTQ
- Yogic Lifestyle
- Addressing religious conflicts
- Structures within Sangat, policies and procedures

20. What workshops would you like to have offered next year at the Forum?

- Kundalini Yoga as a tool for social transformation
- Teachings tools, using computer / internet / technology in classroom
- Solving difficult situations, developing the neutral mind, communications
- Ways to develop as a Level Two Trainer
- Science of how a certain kriya works; more postures and “healing delivery work”

- Bring more fun into Level 1

21. Relationship between this forum and the Winter Solstice Sadhana event, which describes your situation?

- 47% (8 people): attended both, primary reason for attending Forum because they planned to attend Winter Solstice
- 18 % (3 people): attended both, primary reason for attending Winter Solstice because they planned to attend the Forum
- 12% (2 people): only attended the Forum
- 1 person: attended both, prefers Forum at Solstice, attended Solstice for White Tantric
- 1 person: attended both, difficult to attend Summer Solstice
- 1 person: responded both are very important
- 1 person: happy to have attended both