

PARENT LEADERSHIP ACADEMY PARTICIPANTS EVALUATIONS AND PRE AND POST SURVEY

Children thrive socially, emotionally and academically in a healthy home environment. For the past 25 years, Education for Excellence has offered **Masterful Parenting**[®] program, a dynamic growth and development course based on the premise that, as parents, “we teach who we are”. This uplifting and inspiring course supports parents in developing essential life skills they can **teach their children by example**—skills such as focused listening, assertive communication, peaceful conflict resolution, forgiveness, taking responsibility, and conscious choice. Along with a foundation in Social/Emotional Learning, the program employs practical tools based on gentle yoga practice, life supportive nutrition, stress management and ways of attaining a better nights sleep so that parents and support personnel can take better care of themselves and, as a result, take better care of those they serve.

As a way of making the life-transforming Masterful Parenting program available to even more parents, we offer the Blended **Online Parent Leadership Academy**, a “train the trainer” program that the school will own that empowers parent support personnel (Parent Coordinators, Family Workers, Social Workers, Guidance Counselors) from schools and organizations to facilitate the Masterful Parenting Program in their communities..

PROGRAM LOGISTICS

Seventeen NYC District 10 public school parent support personnel participated in the ten session 20-hour Parent Leadership Academy where they participated in the 12-hour Masterful Parenting Program and then learned to turnkey and present the Masterful Parenting Program to their schools’ parents.

EVALUATION OF THE PROGRAM

There were two forms of evaluation used to measure the effectiveness of the program:

PRE AND POST COURSE SURVEY

- Sixty questions, divided into seven specific categories, filled out before beginning the program and again after the completion of the program that measures changes in the participant’s life skills as a result of participating in the program.

POST COURSE QUESTIONNAIRE

- Four general questions that quantify each participants appraisal of the course’s impact and value.
- Written comment of the areas that presented the most value.
- Nineteen questions divided into seven specific categories that evaluate each participants’ assessment of the benefits of the program as applied to their professional and family life.

MEASUREMENT OF PARTICIPANTS IMPROVEMENT

Results of Pre and Post 60-question Survey

Before beginning the program the 17 participants filled out a 60 question questionnaire that measured their competence in seven specific areas that were presented during the program. After the 10-session program was completed they filled out the same questionnaire.

CATEGORIES	Participant Improvement - Total Participants: 17		
	Improved	Stayed The Same*	Didn't Improve
TAKING CARE OF YOURSELF	12	4	1
TAKING RESPONSIBILITY	11	4	2
MINDFULNESS	14	2	1
COMMUNICATION AND LISTENING	12	4	1
SELF WORTH AND RESILIENCY	8	5	4
ACCEPTANCE OF SELF AND OTHERS	11	4	2
FORGIVENESS	15	2	0
FAMILY RELATIONS	13	3	1
PROFESSIONAL RELATIONS	8	9	0
TOTAL IMPROVEMENT	15	1	1

*Please note: Some participants who stayed the same did so at the highest rating possible (e.g. rated a 5 or 4 on both the pre-course and post-course survey).

POST COURSE QUESTIONNAIRE

General Questions

QUESTION	QUANTITY 17 Participants Rating on a scale of 1-5 (5 being the best)				
	5	4	3	2	1
Rate your overall satisfaction with the training.	11	6	0	0	0
Do you feel competent to present the Masterful Parenting Program ?	6	9	2	0	0
Have you applied what you have learned to your family life?	5	9	2	1	0
As result of participating in the Parent Leadership Academy have you demonstrated improved relationship skills, leadership ability and possessional competence?	7	7	3	0	0

MORE THAN 80% OF PARTICIPANTS RATED EACH QUESTION A "4 'OR "5"

100% OF THE PARTICIPANTS WERE SATISF WITH THE TRAINING

WRITTEN EVALUATION

Several responses to: **“What are the most valuable things you have learned from this course?”**

“The most valuable things I have learned from this, I have more control over my feelings, I can help my child, my families and friends solve their conflicts in a more efficient and mature way.” *F.M. P.S. 46*

“I learned how important it is to take care of myself before I can help others. I see how I need to take TIME for me in order to be healthy.” *R.P. Pre-K*

“Acceptance, responsibility, caring and reflecting .This course has changed my way of dealing with life.” *N.S. P.S. 23*

“The course was enlightening in really looking inside of myself as a way of understanding relationship with family in my life.” *A.M. P.S. 94*

“The most valuable thing I have learned from this course is the importance of actively listening. I am more mindful to quiet myself and distraction to really hear what is being said.” *A.C. PS 54*

“I've learned that self-awareness and self-soothing is very important for the mind, body, and soul. I've already made small changes, like meditating at work when stressed and drinking more water. I look forward to making more positive changes am sure the parents will appreciate this program” *M.C. Pre-K*

“I have learned the importance of listening without interrupting and assuming on how to resolve an issue. But instead, to listen so that you can have a better understanding what the other person is going through and can help them effectively. A sense of caring and respect begins to develop. I have also learned to accept people for who they truly are. I realize I can't change other people I can only change myself to be a better me. I also learned that if you have a dream, you should pursue it rather than staying stuck as a survivor. Pursuing your dream, can open doors to many other possibilities.” *R.R. P.S. 59*

POST COURSE EVALUATION RESPONSE TO QUESTIONS RELATED TO SPECIFIC CATEGORIES

Professional Relations

Response to question: **“Have you become more supportive, effective and competent in your role as a parent support personnel by employing these skills presented in the Parent Leadership Academy.”**

CATEGORIES	PROFESSIONAL RELATIONS 17 Participants Rating on a scale of 1-5 (5 being the best)				
	5	4	3	2	1
TAKING CARE OF YOURSELF	47.1%	35.3%	5.9%	11.8%	0%
TAKING RESPONSIBILITY	52.9%	35.3%	11.8%	0%	0%
MINDFULNESS	41.2%	52.9%	5.9%	0%	0%
COMMUNICATION AND LISTENING	64.7%	23.5%	11.8%	0%	0%
	58.8%	23.5%	17.6%	0%	0%
SELF WORTH AND RESILIENCY	41.2%	52.9%	5.9%	0%	0%
ACCEPTANCE OF SELF AND OTHERS	47.1%	47.1%	5.9%	0%	0%
FORGIVENESS	58.8%	41.2%	0%	0%	0%

MORE THAN 80% OF PARTICIPANTS IN EACH CATEGORY RATED THE PROGRAM A “5” OR “4”

POST COURSE EVALUATION RESPONSE TO QUESTIONS RELATED TO SPECIFIC CATEGORIES

Family Relations

Response to question: **“By participating in this program, do you feel you have created a more loving and supportive home environment teaching your children by example.”**

CATEGORIES	FAMILY RELATIONS 17 Participants Rating on a scale of 1-5 (5 being the best)				
	5	4	3	2	1
TAKING CARE OF YOURSELF	41.2%	41.2%	11.8%	5.9%	0%
TAKING RESPONSIBILITY	41.2%	47.1%	11.8%	0%	0%
MINDFULNESS	35.3%	52.9%	11.8%	0%	0%
COMMUNICATION AND LISTENING	52.9%	35.3%	11.8%	0%	0%
	41.2%	41.2%	17.6%	0%	0%
SELF WORTH AND RESILIENCY	47.1%	47.1%	5.9%	0%	0%
ACCEPTANCE OF SELF AND OTHERS	35.3%	52.9%	11.8%	0%	0%
FORGIVENESS	41.2%	58.8%	0%	0%	0%

MORE THAN 80% OF PARTICIPANTS IN EACH CATEGORY RATED THE PROGRAM A “5” OR “4”

SUMMARY

From January 3, 2021 thru March 9 2021 seventeen NYC District 10 parent support personnel (Parent Coordinators, Social Workers, Administrators) participated in the Parent Leadership Academy training. District 10 is the largest school district in New York City, serving composed of 55schools serving 54,036 students.

LOGISTICS

- The 20-hour program was presented in 10 two-hour sessions via Zoom.
- In between the Zoom sessions the participants completed home assignments from e Dr. Rosenbaum's *Masterful Parenting* book. They also watched three or four 10-minute videos that supported the lesson being presented.
- Attendance, appraisal of completion of assignments and class participation was recorded for each session.
- Upon the completion of the program 13 of the participants received the necessary materials and were licensed to facilitate the program in their school. Two of the participants did not meet the criteria for licensing. Two participants will receive a license once they have completed attending and observing the six Masterful Parenting sessions presently being presented to District 10 parents.

RESEARCH

There were two forms of evaluation used to measure the effectiveness of the program:

PRE AND POST COURSE SURVEY

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POST COURSE QUESTIONNAIRE

- Four general questions that quantify each participants appraisal of the course's impact and value.
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The salient findings of the research include:

- More than 80% of participants reported that after completing the program they:
 - * Felt competent in presenting the program to the parents in their school,
 - * Were satisfied with the program
 - * Felt that the program had positively impacted their home environment and professional competence.
- When evaluating and comparing the 60 question pre and post course surveys it was calculated that 15 of the 17 participants showed improvement when compiling the seven categories being evaluated.

- These are the written responses to the “what did you value about the ” question by the two District 10 administrators that not only attended every session, but also spent many hours corresponding with the participants and offering valuable feedback..

“The most important things I learned from this course is creating a space of trust to engage participants in an authentic way. It's important to validate the feelings of others while holding back judgement. I am thrilled to have been a part of the classes, witnessing my personal growth along with my colleagues and others.”

Carmen Mercado Field Support Liaison District 10

“70% of what we think does not serve us - WOW How you relate to the issue, is the issue Forgiveness is a gift we give to OURSELVES You have to take care of yourself, in order to be able to take care of others Really listening with your heart is a beautiful thing.”

“We appreciate the work and effort that went into each session and know firsthand the benefit of your Masterful Parenting Course. Thank you also for sharing yourself with us and providing a space where meaningful interactions took place and the impact and beauty of this work was sincerely felt.

Maria Correa. Supervisor of 55 Parent Coordinators District 10