

## **Penn Resilience Program Educator Participant Testimonials**

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Following are testimonials from educators who participated in the Penn Resilience Program. Since 1990, this program has been used by many schools around the world, and thousands of educators have participated in this program. The following quotes are from feedback forms completed by participants at the end of the course.

### **Following are quotes about the program:**

“Without a doubt, unequivocally, the best conference I have ever attended in my 16 years of teaching. It was fascinating, relevant, ground breaking, energizing, and highly applicable and practical. It was an absolute pleasure and privilege to attend. As a result, I have a strong sense of purpose and direction. In short, I have experienced more PERMA. Thank you.”

“This course is a game changer. I wish my husband and I had learned these skills earlier in our marriage. Perhaps this course should be a prerequisite for marriage, having children, and becoming a teacher! You all were well prepared, well presented, organized, personable, humorous, fun, and did a good job varying presentation and interactive components. This conference incorporated all the best hallmarks of adult learning. You all did a great job!”

“Thank you for one of the best conferences I have attended. It was practical, challenging, informative, and energizing. I am looking forward to putting what I have learned into action both in my personal life and professional work. I look forward to further training to enhance my learning and developing skills in this area. Thank you UPenn team, you were fantastic!”

“I loved the integration of knowledge and practice. You usually go to a conference and only get the knowledge and the expectation you will practice later. But the practice and reflection helped us understand the ‘layers’ to each new skill, technique, process, or practice.”

“This has been by far the most interesting and effective training I have ever had the pleasure to participate in. I feel absolutely prepared in all ways to deliver it.”

“The program is by far the best I have ever attended. I have never attended a conference that focuses on the individual!”

“This has had a huge effect on me personally already. I have noticed this week that I am able to challenge my own negative thoughts and have achieved things without stress that would never have been possible before.”

“I loved every moment. A perfect balance between listening, watching, and doing.”

“The conference was so incredibly well structured and well taught. It was very engaging and a real testament to the skill, rigor, and humour of the presenters.”

“Breakout groups were an absolutely essential aspect of this training – they enabled reflection on what had been taught and an opportunity to test it out.”

“Very thankful to have had the opportunity to work with and be guided by such a professional and inspiring team. Workshops were thought provoking, inspiring, and most beneficial. I looked forward to coming in each day to learn new ideas and challenge my thinking. Thank you all.”

“Thank you so much for such a fun, enlightening, uplifting, and happy week! I really appreciated the enthusiasm, energy, and preparation that went into the course. I look forward to doing more work in this area!”

“I’ve been given such a powerful insight into my character strengths and the tools to practice being the person/friend/colleague/teacher/leader that I aspire to be.”

“This was amazing and really eye-opening for me. I think the team was truly inspirational and did an amazing job teaching us. I will never forget what I learned here, and I can’t wait to pay it forward! Thank you so much!”

“Being able to apply these to my personal life is life changing and I know will increase my life satisfaction and meaning personally and professionally.”

“I have found every aspect of this conference helpful and am looking forward to putting into practice many of the techniques and strategies learned, as well as further developing skills to strengthen relationships.”

“This has been the most engaging, professional development that I’ve been a part of. It has inspired me greatly.”

“This was easily the most effective and powerful course that I have been part of—and one that will have lasting impact on my work and family/personal life.”

“This was by far the most productive and meaningful training I have been through. I feel I am walking away with a greater understanding and tools to become a better/most resilient person.”

“Have thoroughly enjoyed the conference – very professional, informative, and engaging – very well presented. Highly worthwhile and would certainly recommend to others.”

“It was all wonderful! The combination of lectures, break out rooms, and role plays/videos, etc. kept us constantly engaged.”

“This HAS to be the way forward in examining schools and developing cultures that foster the future citizens of our world.”

“Thanks so much for such high quality presentations and dynamic style! Feel very privileged to have been in a group of trainers with rich experience. Much appreciated.”

“These [skills] are, as you say, capable of producing and sharing ‘ordinary magic,’ and I thank you for helping to name the lights within me and share them, and help ignite the lights in our students and children.”

“I just want to say what a privilege it was to work with you. We have such a great respect for UPenn, and it is an experience I will treasure. I feel like I have learned from the Masters! Thank you.”

“Amazing team! Every single member of the team showed genuine interest in the conversations and helping us grow. I am so thankful for all of the time, energy, and love that the team gave us during this training. I felt extremely supported.”

“Thank you again for this amazing training. Each and every facilitator showed true care, empathy, and love to all of the participants that made me feel safe, and comfortable enough to share and be vulnerable. Great job!!”

“What an uplifting and life-changing week this has been. A breath of fresh air in my life!”

“A great course that I feel extremely lucky to have been part of. I have learnt a tremendous amount about myself which will hopefully help me to be a more positive person.”

“I feel sad that this course has ended but extremely grateful to have been a part of it. Can’t wait to take this to my family and feel the benefit and grow. Thank you.”

“I thought it was a brilliant course. I thoroughly enjoyed it and learned a lot. I am looking forward to applying the skills in the classroom.”

“Now realize how lucky I was to go on this course and it has inspired me to do some further reading on the subject and to try to implement into personal and work life.”

“Overall a powerfully transformative experience.”

“So worthwhile! I will not stop telling people about this!”

“Thank you. I think that this will change my life.”

“It was a soul-searching and eye-opening experience.”

“Life changing.”

**Following are comments about the lead instructors of these programs:**

“Karen was amazingly knowledgeable about the field and able to communicate that clearly, effectively, and humorously. She was breathtakingly impressive.”

“Karen has been the best facilitator I have had the pleasure of listening to. Always engaging, enthusiastic, informative, humorous, and empathic to the audience.”

“Karen is fantastic – patient, clear, entertaining and a highly effective communicator.”

“In all my years as an educator . . . I have never listened to someone who could keep an audience engaged for that length of time – Karen does not miss a beat! Heartfelt thanks and congratulations.”

“Karen is an incredibly vibrant, articulate, and engaging presenter! One of the best I have heard.”

“Karen’s presentation style was engaging to the point of engrossing. Her sense of humour made it all the more enjoyable and greatly increased engagement and understanding through humorous anecdotes.”

“She was an outstanding, genuine, humorous, and engaging presenter who clearly believed in and practiced what she was teaching.”

“Karen was brilliant! Her energy, humor and knowledge made every day very enjoyable and engaging. Thank you!”

“In my 40 years of education I have seen many presenters—you [Karen] are the most talented I have experienced. Wow!”

“The vast experience in the field is clearly evident in her delivery of presentation, its content, and the manner in which she responds to comments/questions.”

“Karen was enthusiastic and inspirational to watch and listen to, helping me absorb my understanding about the concepts and skills.”

“Karen is such an amazing speaker with such great passion. Her zealousness for the topic truly got me excited about the topic and all of the matters within it. She encouraged and challenged questions and feelings. She evoked thought on my actions and words, and how I have and can impact others in my life professionally and personally.”

“Karen’s expertise was clear, yet she was so authentic that she made you forget you were in a training. Karen’s interaction with staff made me feel that this whole team was here just for us.”

“Karen is amazing as a warm, knowledgeable, dynamic, engaging, powerful teacher.”

“Karen lives the content, so it was easy to buy in, to connect, as she was only genuine in all engagement with me and with us.”

“The most inspiring trainer I have come across.”

“Simply outstanding. Karen has an exceptional presence and is extremely knowledgeable.”

“I have never done a course where I have been engaged by a speaker for the entire time. Thank you!”

“She is truly outstanding and when we talk about modeling Positive Education to others, she is a fantastic example.”

“Just a wonderfully inspiring trainer, facilitator, and human being.”

“Thanks Karen and Judy for their wonderful works in the last three days. They gave me a completely different view of Positive Education. I’m very very happy to be part of it. Big thank you to the school and support teams.”

“I thought Judy was completely and utterly fantastic. I loved her use of personal anecdotes, her humor, and her supporting materials and videos. I could listen to Judy all day. I feel very privileged that she came to Australia to teach us.”

“Judy is amazing...her intelligence, humor, self-knowledge, and respect of her audience are valuable assets. I loved the way she related to the audience - genuine, and always with thoughtful, meaningful responses to people’s contributions. I felt we were part of a conversation, rather than being taught/ instructed.”

“Judy’s facilitation was outstanding...she was informative, engaging, knowledgeable, practical and humorous and remained connected with us. We loved being with you, Judy!”

“Judy was absolutely outstanding. I love her sense of humor and honesty which added to the foundation of expert knowledge and experience.”

“Bob was an amazing presenter. He brought a great sense of humor and deep understanding of positive psychology to the conference. Everything was explained in a way that made sense.”

"What an inspirational leader! Created a fun, dynamic, approachable and energized 5-days of learning!! Thank you for teaching me sooo much!"

" You made the content practical both professionally & personally; Appreciated your friendly nature and use of personal/honest life experiences! Really enjoyed your humor & friendliness! Thanks so much!"

"Bob is a passionate presenter who worked hard to develop and maintain a rapport with the audience. He is incredibly knowledgeable but also ensures that he is delivering the information in an engaging and relevant manner.”