

POST-WORKSHOP SELF-RATING SURVEY

Date:

1. Sense of Readiness and Motivation

Strongly agree	Agree	Neutral	Disagree	Strongly disagree
5	4	3	2	1

- | | | | | | | |
|----|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| a. | I get excited when I think about opportunities to use new learning in my professional or personal life. | <input type="checkbox"/> |
| b. | I recognize others' contributions.* | <input type="checkbox"/> |
| c. | I realize that I need to focus more on collaboration skills.* | <input type="checkbox"/> |
| d. | I keep in mind the individual differences of people and take these differences into account in planning, giving and evaluating. | <input type="checkbox"/> |
| e. | I am aware of my needs and motives. | <input type="checkbox"/> |
| f. | I search out new working methods, techniques or instruments to improve my work. | <input type="checkbox"/> |

2. Outcomes

Strongly agree	Agree	Neutral	Disagree	Strongly disagree
5	4	3	2	1

- | | | | | | | |
|----|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| a. | I understand that mindfulness plans are integral to my continual professional development.* (cognitive) | <input type="checkbox"/> |
| b. | I have access to the necessary resources (e.g., equipment, assistance, information, etc.) to succeed. (cognitive) | <input type="checkbox"/> |
| c. | I can evaluate my art, business and/or personal lives as a complete unit. (cognitive) | <input type="checkbox"/> |
| d. | I gradually make decisions about my long term plans and directions (tangible and/or intangible objectives). (cognitive) | <input type="checkbox"/> |
| e. | I easily identify new business-related opportunities. (cognitive) | <input type="checkbox"/> |
| f. | I systematically improve my productivity. (psychomotor) | <input type="checkbox"/> |
| g. | I systematically introduce innovative ideas into my work practices. (psychomotor) | <input type="checkbox"/> |
| h. | I am capable of extending my network. (psychomotor) | <input type="checkbox"/> |
| i. | I use the internet to market myself/my art/my business. (psychomotor) | <input type="checkbox"/> |

- j. I use the internet for research. (psychomotor)
- k. I align my personal values with my professional work.* (affective)
- l. I appreciate open dialogue as a strong component of recognizing new awareness.* (affective)
- m. I feel a strong affinity for the consistent connection to art, business and/or personal life.* (affective)

3. Personal Capacity

Strongly agree	Agree	Neutral	Disagree	Strongly disagree
5	4	3	2	1

- a. I value the interconnections between the different components of art and business.*
- b. The diversity of my work-related community improves my level of engagement.*
- c. I actively practice listening to allow myself open to different views and perspectives.*
- d. I value activities for group engagement.*
- e. I spend time on planning and managing.
- f. I communicate my thoughts and ideas.
- g. I view failure as an opportunity to learn.
- h. Teamwork is my mental model.*
- i. I continuously improve my knowledge and skills.

4. Opportunity to Use

Strongly agree	Agree	Neutral	Disagree	Strongly disagree
5	4	3	2	1

- a. I strive for new resources to improve my professional or personal life.
- b. I make time to allow myself to try new things.
- c. When I apprehend new knowledge and skills, I have a big picture on how to use them in my professional or personal life.
- d. I receive some recognition or reward when I use new knowledge or skills in my professional or personal life.

5. Performance Expectation

Strongly agree	Agree	Neutral	Disagree	Strongly disagree
5	4	3	2	1

- a. I am confident in my ability to use new knowledge or skills in my professional or personal life.

- b. My job performance improves when I use new things that I have learned.
- c. When I do things to improve my performance, good things happen to me.
- d. I maintain controls that better aid me in planning, scheduling, and recognizing my personal or career needs.

6. What barriers, if any, have you encountered that have prevented you from using skills and knowledge gained from the AIR Shift workshop? Check only those that apply to you.

- I have had no opportunity to use the skills and knowledge.
- I have not had enough time to apply the skills and knowledge.
- I have not had enough personal support to apply the skills and knowledge.
- I have not had enough professional support to apply the skills and knowledge.
- Other (please specify):

7. Please provide the monetary or percentage value of improvement for the following measures as a result of the AIR Shift workshop. Check only those that apply to you.

a. Business Development

- Higher productivity/output rates _____ %
- Improved quality of work _____ %
- Increased sales volumes \$ _____ /months
- Increased profit \$ _____ /months
- Increased efficiency (time, cost, etc.) _____ %
- Greater customer satisfaction _____ %
- Other (please specify): _____

b. Network Expansion

- Increased personal social networking _____ %
- Diversified personal social networking _____ %
- Increased professional networking _____ %
- Diversified professional networking _____ %
- Other (please specify): _____

c. Personal Enhancement

- | | | |
|--|-------|---|
| <input type="checkbox"/> Improved quality of life | _____ | % |
| <input type="checkbox"/> Higher morale | _____ | % |
| <input type="checkbox"/> Greater job satisfaction | _____ | % |
| <input type="checkbox"/> Improved family life | _____ | % |
| <input type="checkbox"/> Improved personal health | _____ | % |
| <input type="checkbox"/> Improved personal human relations | _____ | % |
| <input type="checkbox"/> Other (please specify): | _____ | |

8. What other outcomes would you expect from the program?

Participant's Name

(Holton, 2003; Kirkpatrick, 1975; Kirkpatrick & Kirkpatrick, 2006; de Jong & Hartog, 2008; Leigh, 2011; Wackerman, 2010; Philips & Stone, 2002; Philips & Philips, 2007)