

## PRE-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"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. | I recognize others' contributions.*   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. | I realize that I need to focus more on collaboration skills.*   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <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"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. | I am aware of my needs and motives.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f. | I search out new working methods, techniques or instruments to improve my work.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <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"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. | I have access to the necessary resources (e.g., equipment, assistance, information, etc.) to succeed. (cognitive)       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. | I can evaluate my art, business and/or personal lives as a complete unit. (cognitive)                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. | I gradually make decisions about my long term plans and directions (tangible and/or intangible objectives). (cognitive) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. | I easily identify new business-related opportunities. (cognitive)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| f. | I systematically improve my productivity. (psychomotor)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| g. | I systematically introduce innovative ideas into my work practices. (psychomotor)                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| h. | I am capable of extending my network. (psychomotor)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| i. | I use the internet to market myself/my art/my business. (psychomotor)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <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 other outcomes would you expect from the program?

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Participant's Name

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