

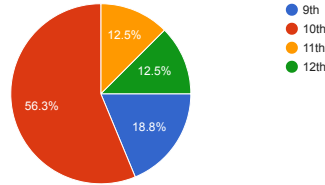
VOA TRiO Girls Build Team - Mental Massage Expo

16 responses

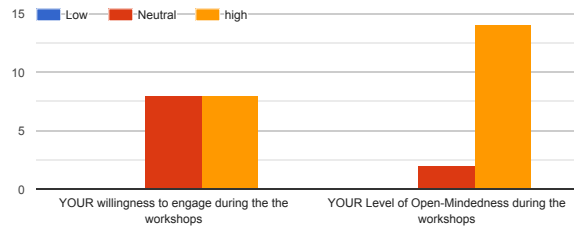
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Grade

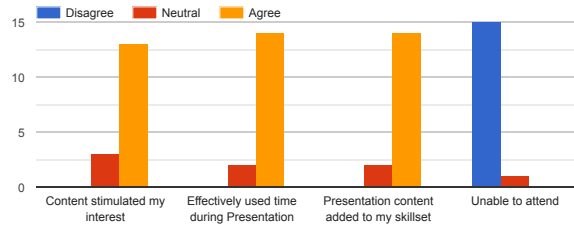
16 responses



Self-Assessment: Rate yourself

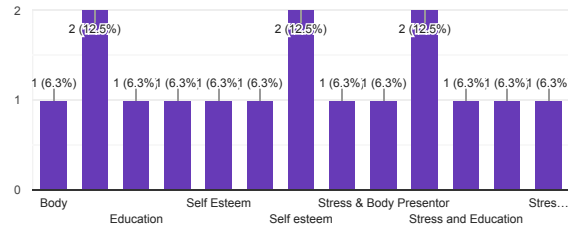


Keynote Speaker - Content and Presentation



List Name of Workshop that you attended in Session 1

16 responses

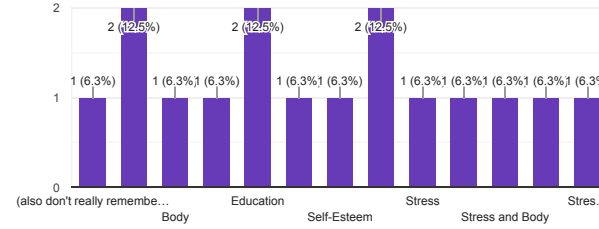


Pre & Post Workshop Impact



List Name of Workshop that you attended in Session 2

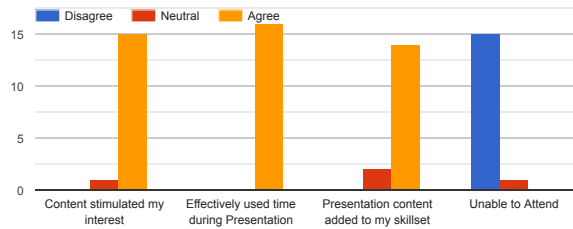
16 responses



Pre & Post Workshop Impact



Concluding Speaker - Content and Presentation



What aspects of this workshops were most useful or valuable? What are your Takeaways?

16 responses

- They both were very valuable because it taught me something super important about stress and how it works
- I think the self esteem workshop was the most useful because it's a problem many teenagers struggle with
- Some aspects of this workshop that were most useful or valuable is the effects of stress that has on your body as well as what I can do in order to cope with it.
- I mostly like the stress and body because it's mostly the one I want to learn more about and it was really interesting
- My takeaway from these presentations would be the advise they gave us. Which was the exercise methods and how to to relief stress by seeking help or advise to help yourself.
- The aspects that I found useful was for self esteem was "would you tell your younger self those things"

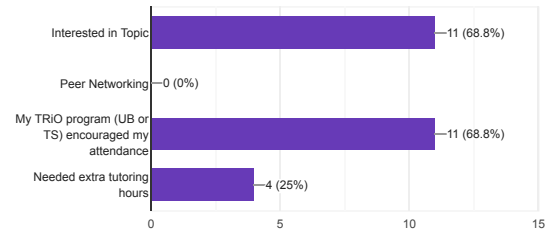
How would you improve this workshop?

8 responses

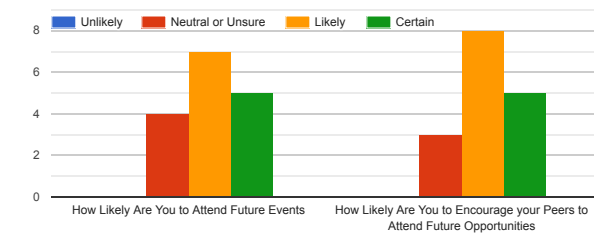
- I wouldn't it was really perfect but maybe a little more interactive
- Honestly the presenters did a great job i learned a lot today
- maybe more time
- Nothing. Everything was well
- For the work shop of body, if the speakers were to be more interactive or engaging then it would be more entertaining.
- I would make sure that the breakout rooms worked quicker
- There is nothing I can think of. The workshop is good.
- No improvement because I really enjoyed this event and all the sessions were very informative.

Why did you choose to attend this event? Check all that apply.

16 responses



Future Girls Build Opportunities



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