

## Final Learner Self-Confidence Survey

<p>This survey will provide a snapshot of how confident you are feeling in your new role as a leader since completing the “<i>What’s Your Story?</i>” workshop. In addition, your comments will help us evaluate the effectiveness of the workshop. Please consider each question carefully and respond based on your current level of confidence.</p>				
<u>How confident do you feel about:</u>	Not at all confident	Not very confident	Somewhat confident	Very confident
1. The decisions you’ve made in the past two weeks?				
2. Your ability to maintain focus on positive outcomes?				
3. Your ability to effectively lead your team to achieve team goals?				
4. Your personal vision for the future?				
5. Your ability to be successful when taking on a new challenge?				
6. Your ability to portray a confident demeanor when interacting with others?				
7. Using internal stories or “self-talk” to influence your confidence?				

Please comment on the following:

8. How often have you thought about your affirmative story since the workshop?

9. In what situations do you think about your affirmative story?

10. Do you recognize your own use of self-talk?

11. What strategies do you use to focus on positive rather than negative self-talk?

12. How do you feel these things have impacted your effectiveness?