**PARENT AND PARENT SUPPORT PERSONNEL**

**RESEARCH AND EVALUATIONS**

Children thrive socially, emotionally and academically in a healthy, supportive home environment. For the past 25 years, Education for Excellence has offered the Masterful Parenting® program, a growth and development course based on the premise that, as parents, “we teach who we are”. The course supports parents in developing essential life skills they **teach their children by example**. Along with the Social/Emotional Learning component, the program also employs practical tools based on gentle yoga practice, life supportive nutrition, stress management and ways of attaining a better night’s sleep so parents take better care of themselves and, as a result, take better care of those they love.

The blended/online Parent Leadership Academy “train the trainer program empowers Parent Support Personnel (Parent Coordinators, family Workers, Social Workers and Guidance Counselors) from schools and organizations to facilitate the Masterful Parenting Program in their communities.

**RESEARCH SUMMARY**

From January 23, 2021 thru March 17, 2022 Parent Support Personnel from NYC District 10 and District 85 participated in four separated identical blended/online “train the trainer” Parent Leadership Academy trainings. At the same time, parents from both Districts participated in the Masterful Parenting training. The trainings were made possible through a My Brothers Keeper grant.

**LOGISTICS**

* The 20-hour Parent Leadership Academy program was presented via Zoom.
* The Masterful Parenting Training was also presented via Zoom in two hour segments.
* In between the weekly Zoom sessions the participants completed home assignments from Dr. Rosenbaum’s *Masterful Parenting* book. They also watched videos that supported the lesson being presented.
* Attendance, appraisal of completion of assignments and class participation was recorded for each session.
* Upon the completion of the program, Parent Support Personnel who fulfilled the requirements received the necessary materials and were licensed to facilitate the program in their school.
* Parents received a certificate of completion.

**EVALUATION OF THE PROGRAM**

There were three forms of evaluation used to measure the effectiveness of the program:

**POST COURSE QUESTIONNAIRE**

* Four general questions that quantify each participants appraisal of the course’s impact and value.
* Eleven questions divided into seven specific categories that evaluate each participants’ assessment of the benefits of the program as applied to their professional and family life.

**MEASURE OF IMPROVEMENT…PRE AND POST COURSE SURVEY**

* Thirty-one questions filled out before beginning the program and again after the completion of the program that measured proficiency in nine specific social/emotional learning categories: taking responsibility, listening, communication, acceptance, forgiveness, self-worth, resiliency, mindfulness, and self-care.

**WRITTEN EVALUATION OF THE PROGRAM**

* The participants answered the questions:

What did you like or dislike about the instructors?

What are the most valuable things you have learned from this course?

**POST COURSE QUESTIONNAIRE**

**APPRAISAL OF PROGRAM’S IMPACT AND VALUE**

**Based on a 1-5 reponse to each question (5 being the highest)**

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* 84% of Parent Support Personnel rated the course a 5 or 4 to statement: **“Please rate your overall satisfaction with the course.”**
* 94% of Parent Support Personnel rated the course a 5 or 4 to statement **:“Have you applied what you have learned to your parenting and family life?”**
* 78% of Parent Support Personnel gave a 5 or 4 response to:

**“As a result of participating in this program have you demonstrated improved relationship skill, leadership ability and professional competence?”**

* 75% of Parent Support Personnel rated a 5 or 4 when asked: **“Do you feel competent in being able to present the Masterful Parenting program?”**
* 94% of Parent Support Personnel rated a 5 or 4 when asked: **“Have you applied what you learned to your professional life?**

Parents and Parent Support Personnel ratings regarding the impact these specific learnings have contributed in creating a more loving and supportive home environment.

1. 97% rated 5 or 4 when asked: **“Taking responsibility rather than blaming others.”**
2. 97% rated 5 or 4 when asked: **“Connecting through listening.”**
3. 97% rated 5 or 4 when asked: **“Communicating assertively rather than passively or aggressively.”**
4. 100% rated 5 or 4 when asked: **“Accepting rather than judging others or yourself.”**
5. 94% rated 5 or 4 when asked: **“Having forgiveness and empathy for yourself and others instead of vengefulness and hatred.”**
6. 94% rated 5 or 4 when asked: **“Exercising conscious choices rather than habitual emotional responses.”**
7. 94% rated 5 or 4 when asked: **“Recognizing, as a way of overcoming stifling beliefs and past conditioning.”**
8. 91% rated 5 or 4 when asked: **“Enhancing self-esteem as a foundation for success and fulfillment at every level.”**
9. 50% rated 5 or 4 when asked: “**Has this course helped you get a**

**better night’s**

1. 75% rated 5 or 4 when asked: **“Taking time out to meditate and/or practicing relaxation techniques.”**

**PRE and POST COURSE QUESTIONNAIRE**

Thirty-one questions filled out at the beginning the program and again after the completion of the program that measured proficiency in nine specific social/emotional learning categories.

In order to measure improvement before and after completion of the program, individuals recording a 4 or 5 in a specific social/emotional learning category on the pre course questionnaire were not included in the final tabulation for that category.

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| --- | --- | --- | --- | --- |
| **CATEGORIES** | **ALL CLASSES COMBINED**  **(62 TOTAL) Participant Improvement** | | | |
| **Improved** | **Stayed the Same** | **No Improvement** | **Rated High On Pre-Course Survey\*** |
| **TAKING RESPONSIBILITY** | 38 | 6 | 0 | 17 |
| **COMMUNICATION AND LISTENING** | 34 | 17 | 4 | 6 |
| **SELF WORTH AND RESILIENCY** | 31 | 14 | 4 | 13 |
| **MINDFULNESS** | 42 | 2 | 0 | 17 |
| **FORGIVENESS** | 34 | 19 | 0 | 8 |
| **FAMILY RELATIONS** | 33 | 6 | 5 | 17 |
| **PROFESSIONAL RELATIONS** | 24 | 2 | 1 | 34 |
| **TAKING CARE OF YOURSELF** | 37 | 19 | 3 | 2 |
| **TOTAL** | 48 | 7 | 5 | 2 |
| **\*Please note: This includes participants who already rated themselves highly on the pre-course survey (the highest rating being a 75 or 100)** | | | | |

**PARENTS AND PARENT COORDINATORS EVALUATION OF FAMILY BENEFITS BY CATEGORY**

**PARTICIPANTS WRITEN EVALUAITONS**

**What are the most valuable things you have learned from this course?**

**What did you like or dislike about the instructors?**

“We appreciate the work and effort that went into each session and know firsthand the benefit of your Masterful Parenting Course. Thank you also for sharing yourself with us and providing a space where meaningful interactions took place and the impact and beauty of this work was sincerely felt.” *M Maria Correa. Family Support Coordinator, District 10*

“I have more control over my feelings, I can help my child, my families and friends solve their conflicts in a more efficient and mature way.” *F.M. Parent Coordinator*

“I learned how important it is to take care of myself before I can help others. I see how I need to take TIME for me in order to be healthy.” *R.P. Pre-K*

“I love the kindness, the patience with which they taught and helped us to grow as people.” *Parent*

“Acceptance, responsibility, caring and reflecting .This course has changed my way of dealing with life.” *N.S. Parent Coordinator*

“I love everything about the instructors, the information and exercises were amazing.” *A.B. Parent*

“I am now able to actively listen without rushing to move on to the next task. I have applied this with my family as well as with my professional work.” *C.N. Parent Coordinator*

“The course was enlightening in really looking inside of myself as a way of understanding relationship with family in my life.” *A.M. Parent Coordinator*

“The most valuable thing I have learned from this course is the importance of actively listening. I am more mindful to quiet myself and distraction to really hear what is being said.”

*A.C. Parent Coordinator*

“I've learned that self-awareness and self-soothing is very important for the mind, body, and soul. I've already made small changes, like meditating at work when stressed and drinking more water. I look forward to making more positive changes am sure the parents will appreciate this program.” *M.C. Pre-K*

“I have learned the importance of listening without interrupting and assuming on how to resolve an issue. I have also learned to accept people for who they truly are. I realize I can't change other people I can only change myself to be a better me. I also learned that if you have a dream, you should pursue it rather than staying stuck as a survivor.“ *R.R. Parent Coordinator*

“The listening portion how to listen with my heart open and my mind quiet. This has already positively impacted my family and work relationships. The forgiveness section taught me that I need to work on that more. Thank you.” *M.T. Parent Coordinator*

“He is amazing, even my daughter ask who is it mom, he is really good.” *S.J.* Parent

“I liked that Marc REALLY wanted us to learn this work. Sharon was awesome to talk to and meditate with Karen was flawless with technology.” *A.L. Parent Coordinator*

“This training improved the way I live my day by day internally and externally. How to relate, engage, and react to who and what surrounds you.”E.V. Parent Coordinator

“I love the kindness, the patience with which they taught and helped us to grow as people.” *Parent*

“In order be better I have to take care of myself. I also love that. It made me reflect, act and change.” D. *R. Parent Coordinator*

“Conscious choice, meditate and sleep...Marc was a great instructor, calm, entertaining and giving great examples. M.W. Parent

“The most valuable thing I learned was that, I cannot continue feeling angry with another of how they treat me because most of the time, if not always, that person is just that way and it’s not really me or that they hate. This is just how the person is and has been probably their entire life. Now I can understand this. I don't think I ever thought of this with past conflicts with people or family members.” B.B Parent

“The instructors were able to listen (actively) and provide support if asked. Everything was clear and expressed in a respectful manner.” *C.N. Parent*

“I enjoyed that he is very informative and has a great sense of humor. Very pleasant to work with.” K.P. Parent Coordinator

“Loved Marc. This class has changed my life.” F.B. Parent Coordinator

“I learned accepting people for who they are and that everyone doesn’t have the same beliefs.” J.T. Parent Coordinator

“To be confident in oneself always take responsibility have compassion and empathy for others always.” C.G. Parent Coordinator

“I learned that being good to yourself is important in order to be good to others. I learned that it's ok to deal have and deal with your emotions. Meditating is very important to me because I am able to relax and think clearly after we have those moments. I really appreciated the meditations.” Parent

“I have learned that we can only take ownership of ourselves and what we do. We cannot change others; we must accept!!” Parent

“Listening without the voice in my head, listening without judgement, listening without trying to solve any problems...just listen!” K.N. Parent Coordinator

“I learned that "Forgiveness is a gift that we give to ourselves.” Parent

“The most valuable thing I learned from this course is being able to accept myself, the situation and to accept others.” C.F. Parent Coordinator

“The instructors were able to listen (actively) and provide support if asked. Everything was clear and expressed in a respectful manner.” *C.N. Parent*

**FACILITATORS**

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Since 1993, Dr. Marc Rosenbaum’s organization, Education for Excellence, has presented social/emotional learning programs to more than 5000 New York City public school parents, teachers and administrators. He has authored the course texts and curriculum guides *Masterful Parenting (the book your parents had read), El Arte de Ser Padres, Masterful Parenting (creating meaningful connection with your child) and Education for Transformation.*

With 35 years of yoga and meditation practice, Sharon Manner has experience firsthand how yoga helps to reduce stress. For the past 11 years, inspired by parenting a 26 year old daughter with Autism, she has developed and presented programs exclusively tailored to benefit individuals on the Spectrum. To date, Ms. Ms. Manner’s work has positively impacted the lives of thousands of adults and children throughout the United States and Canada along with more than 150 individuals trained to bring her trainings into their schools and community organizations that serve individual with Autism.

**Communicating assertively rather than passively or**

**Please rate your overall satisfaction with the course:**

**Please rate your overall satisfaction with the course:**