

MEMORANDUM FROM LUCIA W. BRAXTON, CHIEF, ARMY COMMUNITY SERVICE (ACS), 76 LINDQUIST AVE., FORT STEWART, GA 31314

MEMORANDUM FOR WHO IT MAY CONCERN

SUBJECT: Recommendation for the "Jump Into Life Seminars"

1. Ms. Holly Scherer and Ms. Kathie Hightower were the energizing force behind the presentation. The Jump Into Life Seminars proved to be a great empowering source for family members to relate to their challenging experiences within a military environment. They provided three seminars in our community and each one was just as enlightening as the first.
2. Military families are increasingly being given obstacles to overcome. This seminar provides tools to the audience to conquer fears, clarify dreams and the enthusiasm to accomplish anything. They gave their audiences the inspiration to decrease limits and increase potential. Ms. Hightower and Ms. Scherer understood the feelings being shared by the groups.
3. The following few thoughts and praises were given by the audience:
 - a. "Thank you for a very informative and helpful seminar with tips we can put into action "Today!"
 - b. "Excellent- You've made me realize that I can live my dreams."
 - c. "It has inspired me to get off the side of the road and start traveling in life again. Thanks for the Jump start".
 - d. "This was a well spent 4 hours! You all reaffirmed my belief in positive attitude being the key to most issues or problems."
 - e. "They fed off each other in a positive way – lots of things to ponder over- extremely useful information."
4. If further information is need, please contact the undersigned at (912) 767-5058/5059.

/original signed/
LUCIA W. BRAXTON
CHIEF, ACS

Sample testimonials from evaluations of the Joyful Living Seminars in USAREUR, summer 1996 (16 programs in 15 locations in Germany, 1 in Italy, geared to family members whose spouses are deployed to Bosnia for a year.)

"I'm a pretty happy person and usually have a pretty good attitude. However, this has been a rough year for me with the Bosnia deployment. This seminar was uplifting for me. You guys are great!"

"Thank you! Your knowledge and humor is contagious! While my hubby has been gone laughing has been minimal. Today's a Good Day!"

"My husband is deployed. I have a new baby and a preschooler. I've been very stressed. This has helped a great deal."

"This seminar could not have come at a better time. A little joy should be required study for every deployment."

"I came here in a terrible mood and am leaving with a whole new attitude not just for today, but for a long time to come."

"Fantastic team approach! Two completely different personalities meshed well together. Demonstrated very well how to have fun, enjoy life and pass the good feelings on to others."

"I haven't been moved or energized in quite a long time. Thanks so much for reminding me that life is magic and happiness can be achieved."

"I never was a person who would go to these things. Today made a difference. I will go home with a better outlook on my life and my goals. This day and time was well worth it. Thank you."

"This seminar was a real help to me — helped with a lot of ideas on how to relieve stress. There should be more soldiers attending or a seminar just for soldiers."

The summary of the ratings are as follows:

	<u>Excellent</u>	<u>Very Good</u>	<u>Satisfactory</u>	<u>Unsat.</u>
Content Effectiveness	373	86	3	0
Presenters' Skills	424	37	1	0

(with two Excellent+++, two Excellent!!!, one WOW!, one Excellent with stars all around it, and one Excellent "Emphatically!")

Joyful Living Seminar Series, September 2000 — with Holly Scherer
4-Hour Workshops in 8 locations in Germany & Belgium

Overall Rating of Effectiveness/Usefulness of the Seminar material.

Excellent	Very Good	Good	Satisfactory:	Unsat:
135	33	2	0	0

Rating of Presentation Skills of Presenters:

Excellent	Very Good	Good	Satisfactory:	Unsat:
146	22	2	0	0

Sample Comments:

“This was the best thing that happened to me in Germany.” — Alicka Ampry-Samuel

“Great energy — powerful message.” — Martha Baker

“ Very motivating! Makes you not want to be a couch potato.” — Barbara Connors

“Thanks for the uplifting feelings and words presented at the seminar. What a great ‘jumpstart!’” — D’Lynn Phelps

“I have been to several seminars similar to this but by far this was the most fun and informative.” — Carmen Gaines

“You both make a great team. Thanks for making my life less stressful.” — Blanca Howes

“I think it would be a good idea to do this seminar with your spouse prior to deployment.” — Amber Ricoszi

“I loved this workshop! I think you make a great team and you kept me interested at all times.” — Wanda Cruz

“Would like to see this seminar given to active duty officers who often have high stress and difficulty finding balance in life and also a seminar for couples to attend.” — Tara Green

Although our target audience was military spouses, we did have a few active duty audience members. One Infantry Company Commander, whose wife had dragged him along on his day off, said:

“Anyone and everyone could benefit from this workshop.” — CPT Steve Adams