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# TEAM AWARENESS is in IOWA

🎉 Celebrating Our Trainers and Expansion of Team Awareness! 🎉

From July to November 2024, five outstanding trainers led two transformative trainings—Ripple Effect and Resilience & Thriving—across two counties in Iowa. These sessions were designed to strengthen workplace and community well-being through stress management, prevention, resilience-building, and the cultivation of social capital.

👛 Over the course of **22 sessions**, we reached **216 participants from 17 diverse organizations** spanning healthcare, education, law enforcement, consulting, and more. Most attendees were employees, with managers, supervisors, and community members also participating. Participant feedback was overwhelmingly positive, with many appreciating the practical tools and meaningful conversations the trainings offered.

**A huge congratulations and thank you to our dedicated trainers for making this initiative a success!**

## MEET THE TRAINERS



**Lauren Schwandt**



**Amber Smith**



**Christine Riggert**



**Michael van  
Essen**



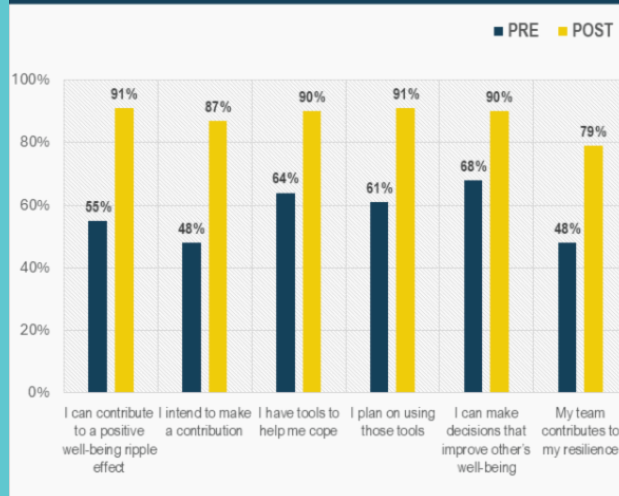
**Penny McCaslin**

**LEARN MORE ABOUT THE TRAINERS HERE**

## THE PROOF IS IN THE DATA

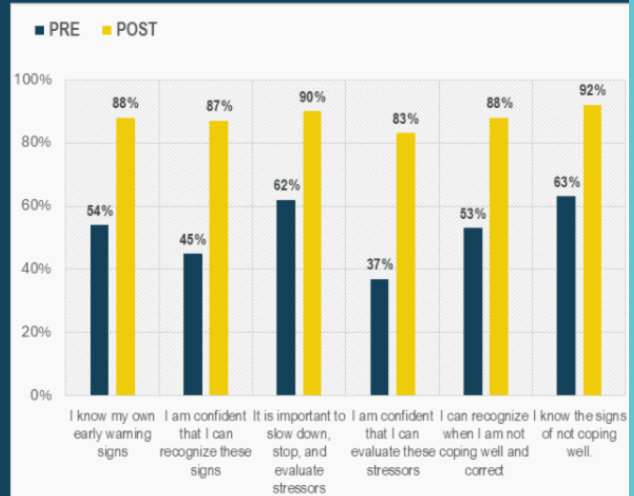
### Session Ratings for Ripple Effect - 143 participants

Pre-to-Post Ratings - % "True" or "Very True" About Me



### Session Ratings for Resilience & Thriving - 116 participants

Pre-to-Post Ratings - % "True" or "Very True" About Me



With an average **response rate of 95%**, analysis of surveys from the two sessions revealed:

1. **Significant improvement across all pre-to-post items**
2. **Over 60% of self-rated improvement for participants**
3. **80% or higher ratings of facilitator/session effectiveness**

All facilitators also submitted session reports indicating how much of the training they delivered and perceptions of participant engagement. **Results showed high engagement from individuals across trainings** with generalized interest in the ambassadorship and the ability to expand the reach of the training.

**Want to bring Ripple Effect or Resilience & Thriving to your organization?**  
We'd love to connect! Reach out to learn more about how we can support well-being in your workplace or community.

[Learn More About TA](#)

[Learn More About R&T](#)



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