

## **II TRENDS/HIGHLIGHTS (continued)**

conducted in this area has demonstrated that participants learn more effectively when the learning is spread out over time as opposed to being conducted intensively for two or three days. We also wanted to accommodate those employees who claimed they could not get away for several days in a row. Attendance at these workshops was excellent and consistent over the six weeks. Three (3) workshops (one on stress management and 2 on personal effectiveness) have been conducted using this new format. Fourteen (14) participants attended the workshop on stress management and 18 participants attended the workshops on personal effectiveness.

You will find a chart containing all the numerical information pertaining to information/training/education activities on pages 21-22.