

► DESCRIPTION OF EVENT

16th ANNUAL FORTY CARROTS FREE COMMUNITY SPEAKER EVENT

September 25, 2018

This year's event, presented by the Community Foundation of Sarasota County, featured Dr. Michele Borba, internationally renowned educator, award winning author, motivational speaker, and parenting expert. Dr. Borba's dynamic presentation, based on her best-selling book, *Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World*, offered concrete, research based strategies to help develop empathy in children and families. Many long time Free Community Speaker Event participants commented on how Dr. Borba's presentation was the "best yet" and "the best speaker ever."



Michelle Kapreilian, CEO, Chris Jarmul, Board of Trustees Chair, Dr. Michele Borba, Speaker, Bianca Lawrence, Event Chair

► OUTCOMES - WHAT WAS THE IMPACT?

THIS PROGRAM PROVIDED STRATEGIES TO 600 ATTENDEES WHO ATTENDED THE MORNING AND EVENING PRESENTATIONS.

- 74% of event attendees filled out a feedback survey
- 99% of survey respondents reported they were satisfied or very satisfied with the event
- 99.7% of survey respondents agreed they gained parenting ideas or skills from the presentation

One of the goals is for caregivers and professionals to change their behaviors in a way that positively impacts children in our community. In addition to satisfaction, respondents were asked what they planned to do differently as a result of the presentation. Below is a sample of their responses:

- "Naming emotions and making sure I get on their level and look them in the eye"-Teacher
- "Creating a family mantra"-Parent
- "Buy more books for our at home library that are diverse"-Parent
- "Work on my awareness of empathy at work in order to help students develop their own empathy"-Teacher
- "Make a rule about doing kind things for others and look for stress signs before the meltdowns"- Parent
- "Have dedicated unplugged time" -Parent
- "Identify acts of kindness in our daily dinner conversation" -Parent
- "Address what stress feels like and ways to combat it"-Parent
- "Teach my grandson & granddaughter how to look in other people's eyes & listen without interrupting"-Grandparent
- "Not focus on grades but also on encouraging kindness"- Parent
- "It only takes 21 days to set a habit of kindness"-Nonprofit Professional
- "I plan to acknowledge the signs of stress in children before they show anger."-Preschool Teacher
- "Very informative and helpful way to engage and work with parents"-Mental Health Professional

A SAMPLING OF AFFILIATIONS OF ATTENDEES—MANY ATTENDED AS BOTH PARENTS AND PROFESSIONALS

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| Child Protection Center | Newgate Montessori |
| Circle of Friends Preschool | Parenting Matters |
| Comprehensive Medpsych Systems | Pediatric Therapy Solutions |
| Early Learning Coalition of Sarasota County | Planned Parenthood of Southwest & Central Florida |
| First Presbyterian Preschool | Saint Stephen's Episcopal School |
| First United Methodist Church Early Care Center | Sarasota County Schools |
| Fundamental Psychology | Sarasota Health Department |
| Guardian Ad Litem | Sarasota Memorial Hospital |
| Big Brothers Big Sisters | School Board of Sarasota County |
| Healthy Start Coalition of Sarasota County | Selah Freedom |
| Hershorin Schiff Community Day School | Selby Preschool |
| IMG Academy | Sensory Solutions |
| Jewish Family & Children's Service of the Suncoast | SKY Family YMCA North Port |
| Johns Hopkins All Children's Foundation | The Florida Center |
| Julie Rohr Academy | The Gan at Temple Sinai |
| Keller Williams | The Out of Door Academy |
| Kiddie Academy of Lakewood Ranch | The Patterson Foundation |
| Manatee Community Foundation | UnidosNow, Inc. |
| Manatee County Public Libraries | Unity church |
| Manatee School Board | Visible Men Academy |
| Manatee County School District | Weiss Pediatric Care |
| New College of Florida | YMCA |

