

# HIGH TRUST THINKING-YOU'RE THE GREAT GIFT!

A SCIENCE BASED, PERFORMING ART

Location: FEDERAL WAY, WA  
Date: JANUARY 2011  
Presenter: Dennis M. McLoughlin

High Trust

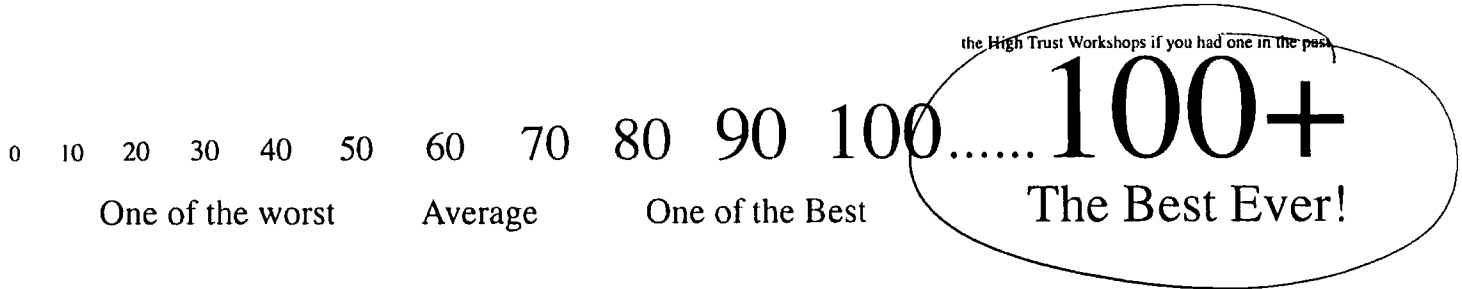


Dennis M. McLoughlin

Name [optional to you, important to me]

KATE LINDBERG

1. How would you *celebrate* this workshop, overall:



2. What three [3] ideas/concepts did you really like?

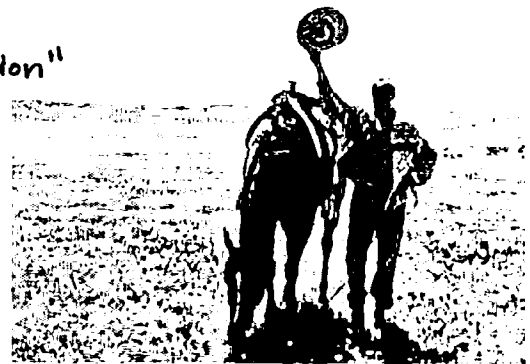
- a. ARFF
- b. Level of concern (blew my mind!)
- c. Conditional vs. unconditional  
(and that neither is always bad/good)



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. "While we're together, we'll be having  
a respectful, solution-oriented.."
- b. "Getting out of judgement into fascination"



4. Dennis, I want more [and you'll have it!].....  
you!

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.  
[ON THE BACK IF YOU WANT MORE ROOM]

Can't wait to be even  
happier! 😊

With sincere thanks,

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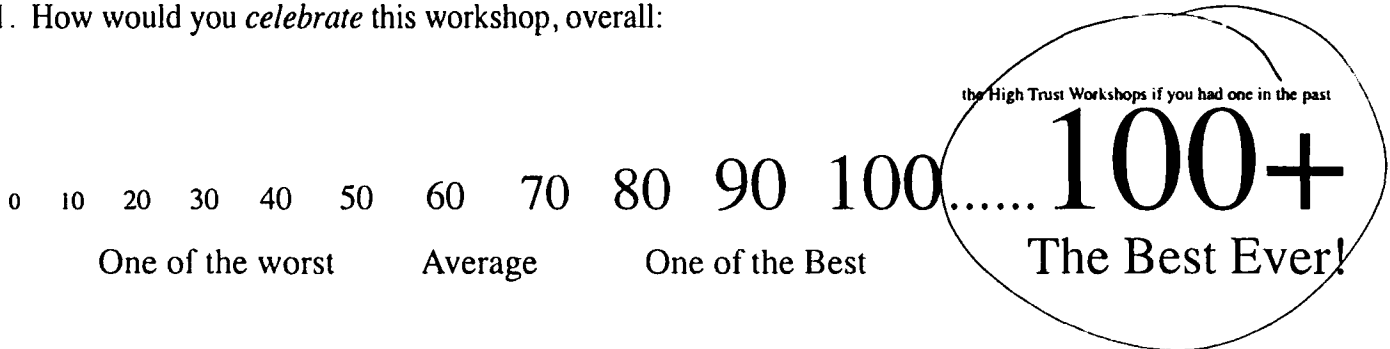


Dennis M. McLoughlin

Name [optional to you, important to me]

Anna Kallis

1. How would you *celebrate* this workshop, overall:



2. What three [3] ideas/concepts did you really like?

- a. How we use thank you
- b. ARFF
- c. corrective reinforcement



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. What I permit, I teach
- b. Would you like me to listen or would you like me to comment.



4. Dennis, I want more [and you'll have it!].....

all of it!

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]

I am excited to start seeing my own opportunities for ~~what~~ using the skills I may make mistakes, but that is OK because that is where the learning goes!

With sincere thanks,

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Dennis M. McLoughlin

Name [optional to you, important to me]

Tania Albert

1. How would you *celebrate* this workshop, overall:

*The real deal - the most worthwhile  
30 hours... actual prof. development*

0 10 20 30 40 50 60 70 80 90 100.....

One of the worst

Average

One of the Best

the High Trust Workshops if you had one in the past

**100+**

The Best Ever!

2. What three [3] ideas/concepts did you really like?

- a. Input - personal - "Where was I?"
- b. The Positive Truth
- c. Level of Concern



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. Modeling is TEACHING - telling is  $\emptyset$
- b. 1 year w/o ARFF = 1 mo. nurturing back!



4. Dennis, I want more [and you'll have it!].....

*- about assisting / providing students  
w/ immediate feedback - leaving  
school (students do work - I go home  
to enjoy ARFF w/ family)*

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]

*I love the freedom I have  
now that I understand double scoop  
and the list (debit/credit)!*

With sincere thanks,

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Name [optional to you, important to me]

Mariva Gard

1. How would you *celebrate* this workshop, overall:



2. What three [3] ideas/concepts did you really like?

- a. going to solution
- b. understanding why
- c. people are who they are.  
learning to build relationships



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. living in gratitude
- b. For more success, you may try again.



4. Dennis, I want more [and you'll have it!].....

One hour of questions (Scenarios) to review high trust answers.

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]

With sincere thanks,

this class reinforces all the positive tools I have ever learned plus so many more.

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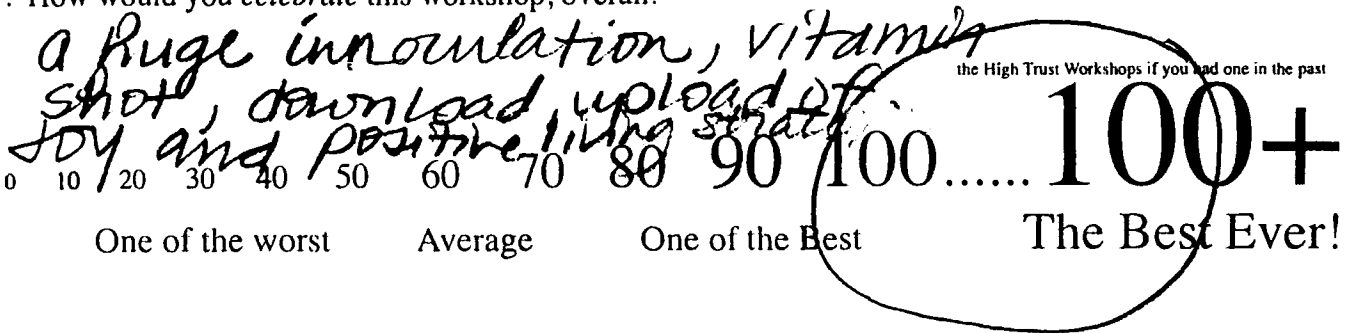
Location: FEDERAL WAY, WA  
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Name [optional to you, important to me]

Jenna Brown  
jinbrown@fups.org

1. How would you celebrate this workshop, overall:



2. What three [3] ideas/concepts did you really like?

- a. My ARFF is my responsibility
- b. Goals in the field + give + away
- c. You may vs please



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. You have to ID the nuts or you'll
- b. Are you taking responsibility for being nappy?



4. Dennis, I want more [and you'll have it!].....

examples that include partner significant other so that I feel included w/out translating.

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.  
[ON THE BACK IF YOU WANT MORE ROOM]

This was simultaneously about my health, the health of my marriage and that of my work. NO Stone left unloved. yay, it's you!

With sincere thanks,  
Jenna M. Brown

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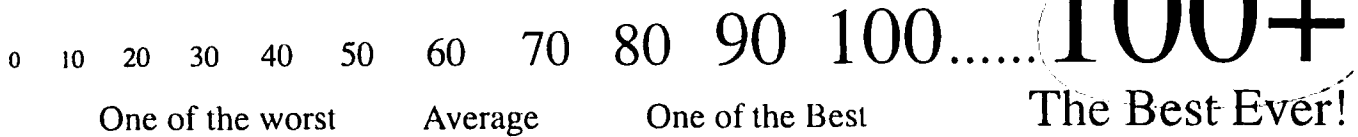
Name [optional to you, important to me]

Theresa Crook (11)

1. How would you *celebrate* this workshop, overall:

Can't wait to start strategies starting tomorrow

the High Trust Workshops if you had one in the past



2. What three [3] ideas/concepts did you really like?

- a. ARFF
- b. Growing from Gratitude
- c. Conditional/unconditional gifts  
Controllers - trust



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. We never punish students, we model support
- b. You can only teach a positive



4. Dennis, I want more [and you'll have it!].....

We really need you at our school at Twin.

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]

With sincere thanks,

(FYI)

Claudia begged me to come back to see you - and to be in your class. She told me that she wanted you to be her teacher forever.

She'll probably e-mail you - her email is something like ponies4ever.

---

Federal Way High School in 1980 - had a full time janitor just to kill the rats.

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Dennis M. McLoughlin

Name [optional to you, important to me]

Jennifer Martyn

1. How would you *celebrate* this workshop, overall:

0 10 20 30 40 50 60 70 80 90 100.....  
One of the worst      Average      One of the Best

the High Trust Workshops if you had one in the past *ha!*

**100+**

The Best Ever!

2. What three [3] ideas/concepts did you really like?

- a. ARRF
- b. The Controller - Ppl. that control you, make you feel
- c. Strategies for Student Success
- d. How to talk to children for them to keep successful in life



3. What two (2) phrases/quotes in this workshop did you really like?

- a. Don't keep a list (I'm bad at that)
- b. American African -> Love this!

*(No offense to true Native Americans, I always say we are all 'Native Americans')*

4. Dennis, I want more [and you'll have it!].....

*of you! I want more ppl. w/ your philosophy!*

*An overview of the 4 days would help me before we get started Day 1*

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]

*"Children @ risk" neg. -> Children of Hope" positive!*  
*Mike wants credit (LOL!) for "Wonderful!"*  
*Everything you said connected w/ me personally! (Spain, Mt. OH-IO!, Colorado Springs, etc.)*  
*Can't change past, look at it differently.*



With sincere thanks,

*Jennifer Martyn*



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Dennis M. McLoughlin

Name [optional to you, important to me]

Helu Zervas

1. How would you *celebrate* this workshop, overall:

0 10 20 30 40 50 60 70 80 90 100.....

One of the worst      Average      One of the Best

the High Trust Workshops if you had one in the past

**100+**

The Best Ever!

2. What three [3] ideas/concepts did you really like?

a. We teach the total child

b. Trust vs. Control

c. "Anxiety/fear of loss of self / Anger/loss of self  
anger left in is guilt, guilt left in is depression"

3. What two (2) phrases/quotes

in this workshop did you really like?

a. Those who blame lose the ability to change

b. ARFF

4. Dennis, I want more [and you'll have it!].....

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]



With sincere thanks,

Dennis M. McLoughlin

I had an amazing four days. I feel like I have learned so much that I can take back to my classroom as well as my family. You have a gift. I am glad I was part of your classroom. Thank you

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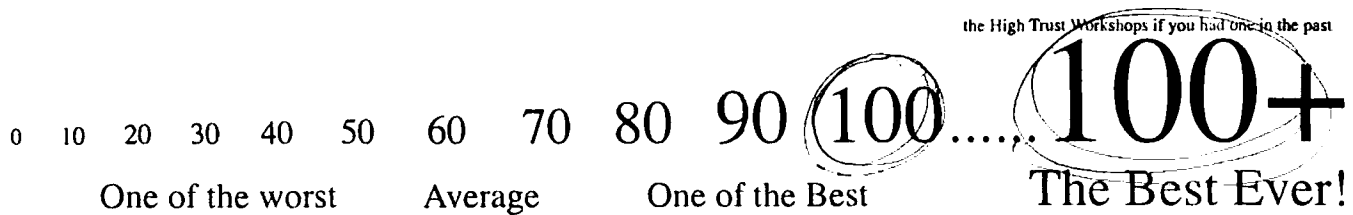


Dennis M. McLoughlin

Name [optional to you, important to me]

Kellen Ruwe

1. How would you *celebrate* this workshop, overall:



2. What three [3] ideas/concepts did you really like?

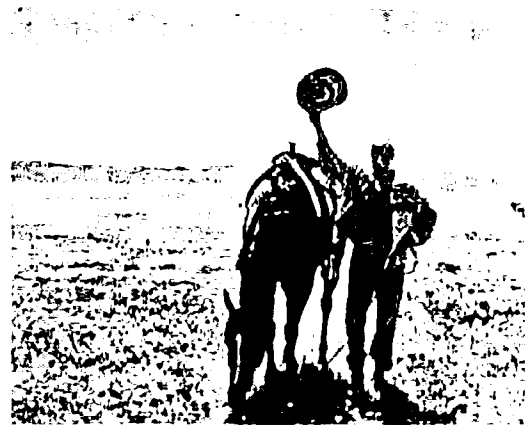
- a. Letting yourself have what you want w/out judgement
- b. promoting responsibility w/ kids
- c. living in gratitude



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. those who blame cannot change
- b. you cant teach a negative



4. Dennis, I want more [and you'll have it!].....

time to ask questions

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]

discussing ARFF helped me realize that I cannot separate glitches in my personal life from feelings about my job. The 2 manifest comorbidity and I need to solve the former before I can invest <sup>w/ reservation</sup> in my kids.

With sincere thanks,

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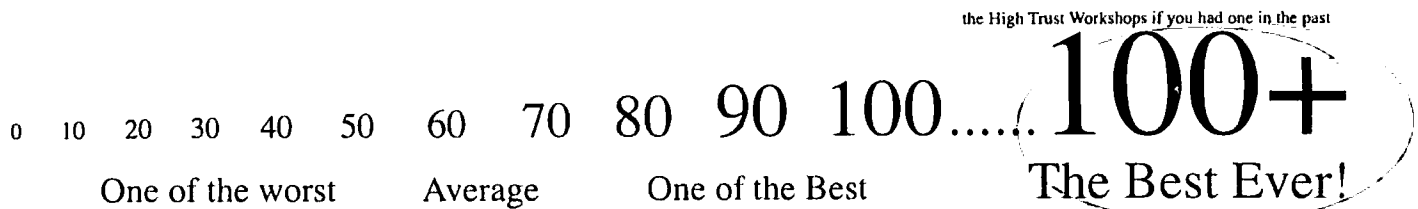


Dennis M. McLoughlin

Name [optional to you, important to me]

Kara Maphosa

1. How would you *celebrate* this workshop, overall:



2. What three [3] ideas/concepts did you really like?

- a. What is your job? You may begin <sup>owner</sup> <sub>ship</sub>
- b. Four levels in influencing students
- c. You can only teach a positive  
not a negative  
Teach what you expect.



3. What two (2) phrases/quotes in this workshop did you really like?

- a. \_\_\_\_\_
- b. For more success you may



4. Dennis, I want more [and you'll have it!] examples.....  
of influencing students - that is  
what I will be practicing this  
time

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.  
[ON THE BACK IF YOU WANT MORE ROOM]

This class is the most beneficial  
class I have taken. I continue  
to love my job & my students  
because I have the skills to do so.

With sincere thanks,

Dennis M. McLoughlin

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Dennis M. McLoughlin

Name [optional to you, important to me]

Jane

1. How would you *celebrate* this workshop, overall:

0 10 20 30 40 50 60 70 80 90 100.....

One of the worst      Average      One of the Best

the High Trust Workshops if you had one in the past

100+

The Best Ever!

2. What three [3] ideas/concepts did you really like?

- a. Fill Your ARFF to be healthier.. <sup>give more to others</sup>
- b. What you permit, you teach
- c. Protect the Code..



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. When you blame, you lose the ability to change.
- b. Mistakes mean more the new learning ones! <sup>Health Education Safety</sup>



4. Dennis, I want more [and you'll have it!].....

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]

Thank you for giving us the freedom to take breaks when needed, go around, etc.

I will have fun taking time to process even long after this workshop is over.

With sincere thanks,

Jane

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Dennis M. McLoughlin

Name [optional to you, important to me]

Erika Hedeyard

1. How would you *celebrate* this workshop, overall:

*The best ever ... I keep coming back!*

0 10 20 30 40 50 60 70 80 90 100.....

One of the worst

Average

One of the Best

the High Trust Workshops if you had one in the past

**100+**

The Best Ever!

2. What three [3] ideas/concepts did you really like?

- a. Would anyone like support?
- b. When they say it they swallow it and grow.
- c. Valleys of Death? 2 Canyons.

3. What two (2) phrases/quotes in this workshop did you really like?

- a. Living in trust.
- b. Front loading

4. Dennis, I want more [and you'll have it!].....

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.  
[ON THE BACK IF YOU WANT MORE ROOM]

*Even though I felt crummy the whole time and might not of looked like I was enjoying it I was - and it help reinforce things I already do. Thanks.*



With sincere thanks,

*Dennis M. McLoughlin*

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High Trust



Dennis M. McLoughlin

Name [optional to you, important to me]

Hazel

1. How would you celebrate this workshop, overall:

To tally fabulouso! 😊

0 10 20 30 40 50 60 70 80 90 100.....

One of the worst

Average

One of the Best

the High Trust Workshops if you had one in the past

100+

The Best Ever!

2. What three [3] ideas/concepts did you really like?

- a. ARFF
- b. Give yourself exactly what you want.
- c. Jet fuel → Kia



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. Put your energy in solution!
- b. The part about expectations & intimacy - when close to reaching raise bar change expectations

4. Dennis, I want more [and you'll have it!].....

U rock!



5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]

- Check out the movie in your head & discover who you are!
- All I can do is to influence to the point I can & keep my ARFF filled!

With sincere thanks,

Dennis M. McLoughlin

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Location: FEDERAL WAY, WA  
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Name [optional to you, important to me]

PETER BRIGGS

1. How would you *celebrate* this workshop, overall:

0 10 20 30 40 50 60 70 80 90 100.....  
One of the worst      Average      One of the Best



2. What three [3] ideas/concepts did you really like?

- a. LOVE MORE, CARE LESS
- b. YOU CAN / YOU MAY
- c. GRADING W/ GRATITUDE



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. WE LOVE MISTAKES BECAUSE THEY ARE WHERE THE LEARNING IS
- b. WHEN YOU FUMBLE, STAY IN THE GAME



4. Dennis, I want more [and you'll have it!].....

TIME WITH YOU.

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.  
[ON THE BACK IF YOU WANT MORE ROOM]

THIS WORKSHOP IS COMMON SENSE AND INNOVATIVE GENIUS AT THE SAME TIME. IT CHANGES MY LIFE AND <sup>THE ISSUES</sup> THOSE I'M IMPACTED AND INFLUENCED BY WHAT I HAVE LEARNED

With sincere thanks,

Dennis M. McLoughlin



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High Trust



Dennis M. McLoughlin

Name [optional to you, important to me]

Lily Lahiri

1. How would you *celebrate* this workshop, overall:

Amazing, life-giving, life-sustaining.

0 10 20 30 40 50 60 70 80 90 100..... 100+

One of the worst

Average

One of the Best

The Best Ever!

the High Trust Workshops if you had one in the past

TOGETHER w/ COURAGE + TECH

THE JOURNEY

2. What three [3] ideas/concepts did you really like?

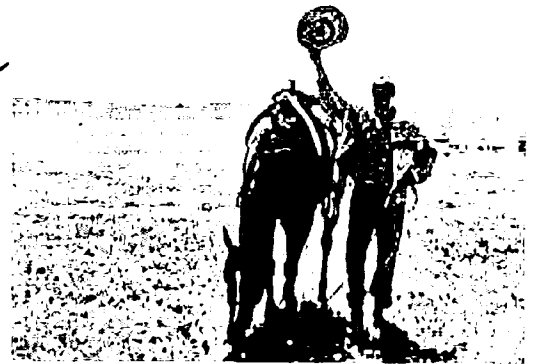
- a. grow in gratitude
- b. fill your ARFF
- c. \_\_\_\_\_



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. You may, you can
- b. Good thinking smart person



4. Dennis, I want more [and you'll have it!].....

blanks filled in in my book.  
(answer key please)

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]

Dennis is the real thing.  
Authentic, wise & generous!

With sincere thanks,

Lily Lahiri

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Dennis M. McLoughlin

Name [optional to you, important to me]

Stephanie Sheppard

1. How would you *celebrate* this workshop, overall:

*This workshop, 2 years ago, changed my life as a teacher and person. This weekend re-inspired all of those changes and gave me more tools.*

the High Trust Workshops if you had one in the past

0 10 20 30 40 50 60 70 80 90 100..... **100+** (10000) +

One of the worst      Average      One of the Best

**The Best Ever!**

2. What three [3] ideas/concepts did you really like?

- a. please/thank you
- b. front loading
- c. ARFF



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. if you choose to use that lang, you choose to end the conversation
- b. unasked for advice is criticism



4. Dennis, I want more [and you'll have it!].....

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]

Thank you, Denny! ~~with~~ <sup>With</sup> sincere thanks, ~~to~~ before this class (no kidding) I was a really sick, hurt person. The last two years of my life have been filled with joy, despite hardships and huge obstacles... →

*James M. McLaughlin*

you have not only made me a better  
teacher, but a healthier and happier  
person in the world as well. I  
truly look up to you and admire you.

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High Trust



Dennis M. McLoughlin

Name [optional to you, important to me]

*Jim Anderson*

1. How would you *celebrate* this workshop, overall:

*This is an excellent workshop  
Thank you for*

0 10 20 30 40 50 60 70 80 90 **100**..... **100+**

One of the worst      Average      One of the Best      **The Best Ever!**

*coming here to us.*

the High Trust Workshops if you had one in the past

2. What three [3] ideas/concepts did you really like?

- a. *ARFF*
- b. *Theory of Trust Psychology*
- c. *Teacher the most significant variable in student success*



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. *Credit/debit*
  - b. *Support*
- Focus on solution*



4. Dennis, I want more [and you'll have it!].....

*? I am thinking ---*

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]

*Idea I needed to hear  
again — model —  
fast + digest*

With sincere thanks,

*Jim Anderson*

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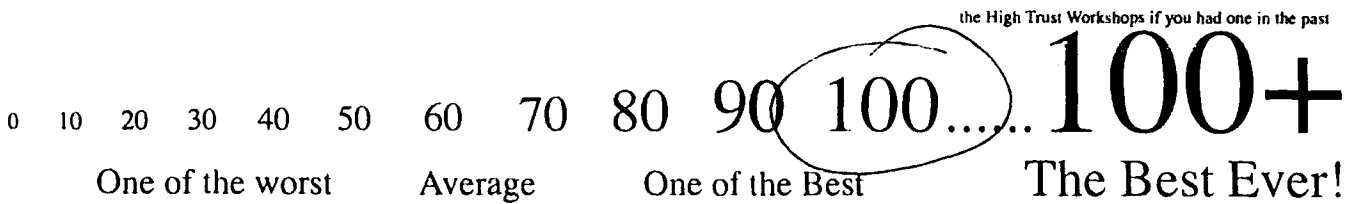
Location: FEDERAL WAY, WA  
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Name [optional to you, important to me]

Cheryl Mikkelberg

1. How would you *celebrate* this workshop, overall:



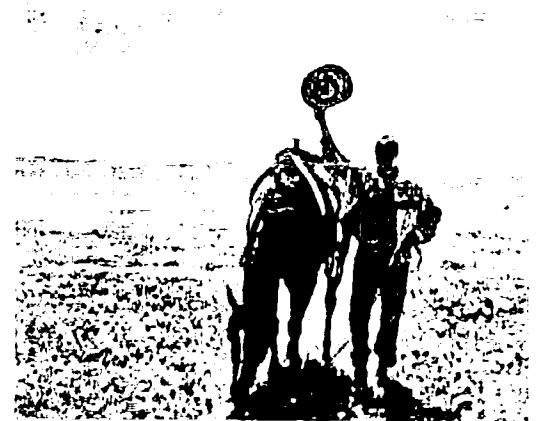
2. What three [3] ideas/concepts did you really like?

- a. My job is to teach thinking & responsibility
- b. Lower the esteem, less pain works.....
- c. Go straight to solution



3. What two (2) phrases/quotes in this workshop did you really like?

- a. Double Scoop
- b. ARFF



4. Dennis, I want more [and you'll have it!].....

Practice!

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.  
 [ON THE BACK IF YOU WANT MORE ROOM]

With sincere thanks,

*Dennis M. McLoughlin*

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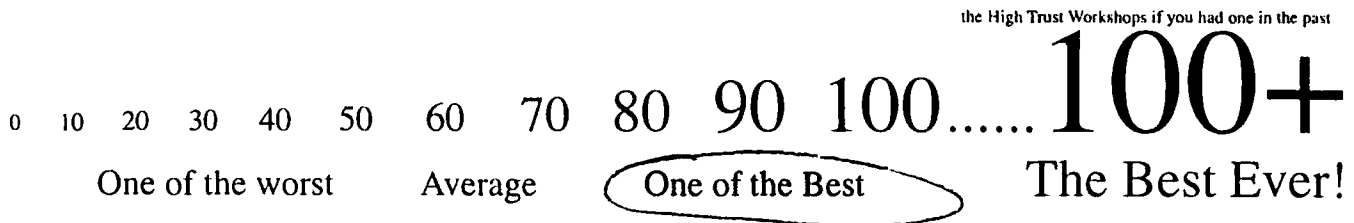
Location: FEDERAL WAY, WA  
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Name [optional to you, important to me]

Nurdy

1. How would you *celebrate* this workshop, overall:



2. What three [3] ideas/concepts did you really like?

- a. When to use please/thank you
- b. ARFF
- c. Conditional vs unconditional TRUST Psychology



3. What two (2) phrases/quotes

in this workshop did you really like?

- a. Do whatever you really want.
- b. Grow in gratefulness

Those who blame lose the ability

4. Dennis, I want more [and you'll have it!].....to change

on caring less - identifying my "code" leading adults



5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.

[ON THE BACK IF YOU WANT MORE ROOM]

With sincere thanks,

Juanita M. [Signature]

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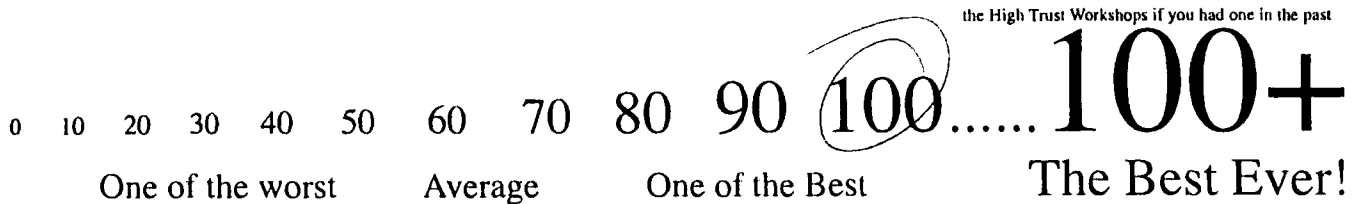
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Name [optional to you, important to me]

---

1. How would you *celebrate* this workshop, overall:



2. What three [3] ideas/concepts did you really like?

- a. AARF Philosophy
- b. Movie in the Head
- c. The Double Scoop



3. What two (2) phrases/quotes in this workshop did you really like?

*Too many great thought provoking quotes to mention.*

- a. Fair is not the everyone gets the same but that everyone gets what they need.
- b. Nobody respects anybody they can respect  
*Intact is the gateway to abuse*
- c. Allowing consequence is allowing not to be responsible.

4. Dennis, I want more [and you'll have it!].....



5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.  
 [ON THE BACK IF YOU WANT MORE ROOM]

With sincere thanks,

# HIGH TRUST THINKING-YOU'RE THE GREAT GIFT!

A SCIENCE BASED, PERFORMING ART

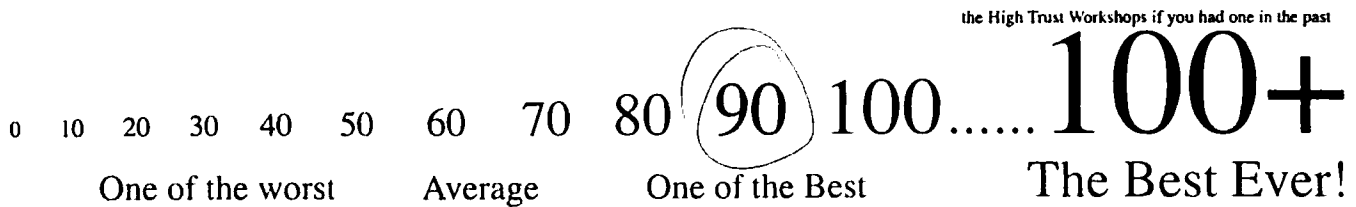
Location: FEDERAL WAY, WA  
Date: JANUARY 2011  
Presenter: Dennis M. McLoughlin



Name [optional to you, important to me]

Alexis Underhill

1. How would you *celebrate* this workshop, overall:



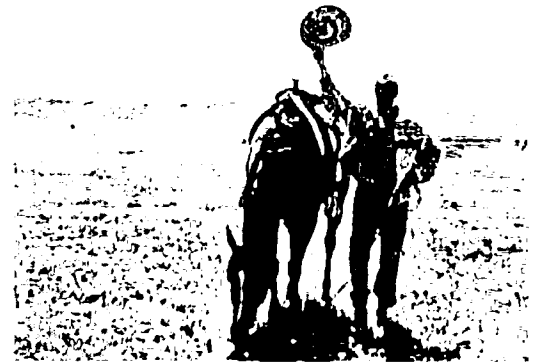
2. What three [3] ideas/concepts did you really like?

- a. What we allow, we teach.
- b. You can't respect someone you can't <sup>insult</sup> ~~the~~
- c. Modeling is teaching, telling is ~~not~~



3. What two (2) phrases/quotes in this workshop did you really like?

- a. Love more, care less
- b. Live your code



4. Dennis, I want more [and you'll have it!].....  
practice

5. Please share some of your POSITIVE personal thoughts with me, which others might enjoy.  
[ON THE BACK IF YOU WANT MORE ROOM]

Your dad would have liked my dad - mine was a salesman. nice to every potential customer - had nothing left for us that was positive.

With sincere thanks,

Dennis M. McLoughlin