

**SAMPLE SET OF EVALUATIONS
FROM KEYNOTES & WORKSHOPS**

Dr. Gupta

Evaluations from FM Global, a publicly traded construction company, March 2016

- Excellent focus on resilience! Great interaction with audience. Very engaging topic and delivery. Very beneficial exercise and useful takeaways! Thanks! Tom
Tom Lawson, CEO, FM Global
- This was truly a marvelously insightful presentation. And I don't say that lightly. I appreciated that you challenged everyone to take a step back and evaluate if they are really putting their best foot forward in regards to life, work and happiness. People often do not take the time to be introspective to improve their position and quality of life.
Julie Weigel, Account Manager
- Overall, you were a pleasure to listen to! Positive energy, calming, clear message! I enjoyed the beginning standing and breathing exercises! Thank you!
Eliza Lopez, Account Engineer
- I thought the presentation was excellent. The structure was helpful in maintaining our attentiveness: standing up before hand, providing written exercises, grouping us in different ways and moving around as a speaker. The message dovetails with other efforts that I am making this summer. Thank you for challenging us to think and to set goals without having to spend too much time on them.
Brenda Mirabile
- Thank you! I took away that "one thing" that will help me. I am sure that others had at least one *takeaway that they will apply going forward. Thrive! By the way, nice job working with our group!*
Tom Weaver, Operations Manager, FM Global
- Very good concepts to look at yourself and your behavior from another perspective. Identify strengths and build on them. Instill keystone habits in your organization.
Ray Phillips, Operations Manager
- The request to the groups to develop a company goal seemed broad at first. It was amazing to see multiple teams arrive at the same results!
Jenn Boyle, Sr. Consultant Engineer
- It was very insightful and reflective. There were many tips and good advice to incorporate in a daily routing, something people don't go about usually. I liked the way you presented. There is a calming factor about knowing that with some change and good habits, my brain will be okay.
Andrea Alcalde, Business Development Executive, FM Global
- Thank you! I really enjoyed the presentation and all the insights on happiness, wholeness and thriving. Having the opportunity to tune into the areas I want to thrive, but feel like I

am not, was eye-opening and reminds me of the goals I want to accomplish. Thank you again!

Dallas Gage, Consultant Engineer

- Very good! Interesting perspective on how to reflect on oneself. Will definitely use this on my own time and before a performance review.

Kim Crateman, Account Manager

- Excellent presentation!! Thank you for sharing this information that will help improve our life in general.

Vannesa Sheppard

- Your presentation provided some surprising thoughts for me to take away. I liked the linking between work and personal and how the methods and habits we employ impact both. The “messy self” was a beautiful concept. Thank you for sharing.

Amy Brawn

- Thank you for your presentation. The topics you covered allowed me to really think deeply about some of the things I store away in the back of my mind on a daily basis. I was reminded that at times it is beneficial to step back and look at the big picture!

Mya Payne, Plan Review Consultant

- I thought your presentation was great! Very interactive! Great topic to use in all of life’s aspects – very beneficial. Made us think about “me” professionally and personally!

Jenni Noecker, Sr. Consultant Engineer

Workshop presentation on Decision-Making, February 2017

- More of Dr. Gupta. I could hear her talk for hours.
- Uma Gupta was outstanding.
- Uma was very enlightening & delightful to listen to.
- Life changing it was the highlight of the conference for me...the session was full but I was so glad I was able to get in it was WONDERFUL
- Uma was fantastic. Very insightful and against the grain
- Best session so far. Would love to continue learning from her!
- She is so engaging, authentic and inspiring! What a wonderful way to spend two hours of my morning. I feel refreshed and reenergized!
- Great session. Perfect complement to the technical sessions. Would recommend the session to a friend if it was run again

- She is great!
- I really valued Uma Gupta's presentation. What we learned and discussed in her session is something I can bring back to my workplace as a discussion topic.
- I could listen to Dr. Gupta for hours!!!
- Dr. Uma was excellent! • Dr. Uma was great! Daunting but empowering. Each individual now has a real role to increase diversity. Not just hiring managers.

Workshop presentation at Freed Maxick CPAs (2014)

- I loved it! It was very informative and I believe your techniques will be very useful in our office and networking events. I also believe I will be able to use many of the mindfulness questions you said to ask ourselves to improve my marriage, my relationships with my kids and all my relationships. Thank you for sharing your knowledge and experiences.
Sheila Giblin, Senior Field Examiner
- It was excellent – wish there was a series of lectures on the information presented. Speaker was very informative, good forum to meet other women.
Rosie O'Brien, Principal
- Excellent presentation!
Carol Cassell, Principal
- Excellent! I felt inspired to continue to work upon my personal brand, especially as it relates to my body language and being able to communicate what my values are. I also enjoyed the discussion about the decision-making process and what causes us to make bad decisions. Very insightful!
Sam Seouthall, Senior Manager
- Great and informative with ideas that I will certainly incorporate in my next networking event!
Laura Landers, Director
- Fantastic! Great info on the processes of the brain. Take away: my doubts/insecurities about networking are not unique to me. Everyone has these!
Sandi York, Manager
- Wonderful presentation! Very captivating and intriguing. All the talking points were relevant and helpful for future use. I feel I am walking away with awesome networking

tops and really good advice on myself. I will be home to truly reflect on the conversations.

Kathryn Ritenovr, Staff Auditor

- It was very insightful and really opened me up to think about myself in ways I never have before. It also provided me with good tools to help me get better at networking and improve myself both personally and professionally. I really learned a lot about myself.

Jennifer Asquith, Senior Accountant

- Your presentation was wonderful. I gained a lot out of it and am excited to apply the principles and suggestions I learned today. I am excited to think about my life and habits and make changes to achieve what I want from it. I really found all the information about the brain and its processes to be really informative and helpful to understand my behavior and how to change it.

Crystal Orta, Tax Accountant

- Excellent! It kept me interested in each topic the entire time. Very insightful. Made me think about my decision-making, dealing with emotions and may be how I should/could change.

Sharon Fehr, Senior Client Service Representative

- I came here today not sure if it was worthwhile. Wow! Was I wrong! I thoroughly enjoyed the conference and learned so much about myself. Uma gupta was inspirational and right on! Thank you to the folks who arranged this!

Michelle Dulski, Manager

- This presentation was extremely influential. It was thought-provoking and interesting. The topics that were covered today all related to things both professionally and personally – that is what made this a success!

- The presentation was very inspiring. I will take many things that have been taught and apply them throughout many situations' in my life. The use of real life stories really helped get the points across and helped me understand how to apply each topic.

- I thoroughly enjoyed your presentation today. It has been an absolute pleasure to listen to your wisdom and advice not only in a professional setting, but life as well. Thank you for your time!

Chelsey Cary, Associate

- I really enjoyed your presentation and felt it was very beneficial to our firm and specifically our strong team of women professionals.

Jenny Bean, Manager

- Excellent! I believe that we often find ourselves so busy as professionals that we forget to be mindful. Great way to start the session.

Becky Raczkowski

- Presentation was good; opened my eyes to a few things that I did not realize about myself.
- Very informative; practical advice
- I enjoyed it. Very informative. Felt relaxed.
- Great tips on networking. Insightful ways of thinking; enjoyed the session.
- The presentation was well-structured and beneficial for me. Even though I know I will have more time and effort to overcome my fears, your presentation gave me more confidence.
- The presentation was very enlightening. It opened my eyes and allowed me to recognize areas where I can “self-improve” and build confidence. Great presentation!
- Excellent! Gave insight about how people perceive us. Networking exercise was the best part.
- I think your presentation was wonderful. I never found myself day dreaming or becoming bored. I enjoyed listening to your advice, thoughts, and suggestions. I feel lucky that our company provides us with the opportunity to listen to someone like yourself share your ideas with us. Thank you!
- I thought that you had some very valuable advice for us on how to approach networking. It is a key part of our careers and your tips will surely help us succeed.

Coring Crippen, Staff Accountant

- Great program, Dr. Gupta!
- Mary Charles
- Wonderful! I would like a whole session on know thyself!
 - I loved the explanations about the brain and actual research studies. As an accountant these mean more. I have heard a lot about how to network in my many years, but this was

very helpful!

- Held my interest. Would have liked to discuss some topics more, but do understand time constraint.

Mary Madonia, Senior Manager

- I really enjoyed today's presentation. I felt that some of the material was new and informative while others that needed to be reinforced. I found Dr. Gupta to be professional yet humorous while also being interactive and engaging.

Caitlyn Kilkemy

- The presentation was informative. Topics that were discussed especially networking were very helpful to someone at my level. I found it to be very informative.

- Enjoyed it very much. Kept me interested and engaged which is not easy task on a Friday morning on a beautiful summer morning. Presentation skills and ability to present without notes demonstrated a deep knowledge of the topics being presented.

Caroly Sutherland, Manager

- Very on target and thought-provoking!

Michele Calarco, Client Service Rep

- I thought the sections on the networking and personal branding were very helpful.

Rachel Ashcroft, Manager

- Excellent presentation and speaking style. Interesting information! Thought provoking! Perhaps make a bit more interactive (although I was interested in what you were saying so this isn't absolutely necessary.)

Katy DeFilippo, Supervisor

- The presentation was very insightful and gave me a lot of new ideas. I think that I will use these techniques she discussed next time I go for a networking event.

Valerie Reid, Sr. Accountant

- Great job! Kept the audience engaged throughout the presentation. Helped put me at ease related to networking even within the firm as I am new to both the city and the firm.

Julie Allen, Manager

- I enjoyed this presentation very much. It was nice to hear that others have the same feelings as I do towards networking. I came away from the presentation meeting new people from my firm that I normally would not interact with.

- Your presentation was very organized and moved along at a nice pace. I thought it was very relevant to our firm and what we are trying to achieve. The interaction at the end was great for reciting what you conveyed to us.
- Excellent job! I think the portion on personal branding should be shared firm-wide. I got a lot of good information and insight out of today's event.
K. Barrett, Director
- I thought the presentation was informative and engaging. The jokes/humorous comments within the presentation were helpful to keep my attention.
- Your presentation was engaging. It was well prepared and captured the audience. In the future, I think it would be interesting to spend more time on the building your brand area.
- I wasn't sure if I would stay for the entire program but I am glad I did! You were very easy to listen to and I stayed connected during your entire presentation. I only wish I had the confidence to speak as well.
Penny Sallome
- It was helpful and informative and enjoyable. I loved her spirit and approach that "it's not all about me."
Nancy Jackson, CSR
- I felt that the presentation was very beneficial. I am at the beginning of my career so that topic of networking is something that I will be using for a long time.
Nicole Cree, Staff Accountant
- Very intuitive how a person can change their outlook on situations' and good discussion on how our brain can be tricked into actions that are not in line with our goals and how to overcome those. Excellence guidance on networking!
Lisa Molle, Consultant
- Presentation provided much food for thought! It approached the subject of personal brand in a non-threatening way to help people understand their feelings are normal and that the way they brand themselves in the eyes of the firm is important.
Michelle Sullivan
- Presentation was well delivered as it made the audience really think about the topics and how they pertain to our daily lives, both personally and professionally. Her suggestions and comments regarding networking and making it about others was helpful. Reminded us to change our mindsets!

Lindsay Batrowny, Manager

- Presentation was helpful in making me aware of why we react the way we do sometimes. Networking session was useful in helping build confidence and learn techniques to calm anxiety.

Janice Mocerri, Senior Manager

- Too much time spent on professional dress. May be some sort of handout with key points to take with you. Overall good delivery will be beneficial for some people in our firm. The branding for the firm into was particularly eye opening.
- It caused me to reflect on some of my chores and decision-making process, which I believe is important for me to be able to grow both personally and professionally. I also liked the reframing of networking. I would like to have a discussion when to push other people (subordinates etc) outside their respective comfort zones in order to help them.
- I thought this was insightful and very helpful but feel like this needs to go in-depth a little more and follow up throughout the offices. Dr. Gupta was wonderful and gave me many things to think about. (I am) hoping some of the senior management listen and may be change some of the bad habits they have instilled in (our) culture so we can continue to grow personally and as a firm. And hopefully some of my bad habits will change as well.

Keynote Presentation Evaluations: Rochester Executive Summit of Chief Technology Officers, June 24th, 2014

- Awesome!!! Loved Uma Gupta; Very powerful! Love to hear more...
- Very compelling.
- Great speaker A+, thought provoking
- Excellent presentation. Very engaging
- Dr. Gupta was a great speaker and gave me a number of things to think about. I really enjoyed the dinner and program
- Absolutely Appreciated!
- Great message, thought provoking!

- Excellent presentation and speaker
- Inspiring message to take to both home and work. You are truly a blessing for the community.
- Very insightful
- Great Presentation!
- I found Dr. Gupta's talk very compelling and thought provoking. I especially liked the plug towards mindfulness as I try to practice myself!
- Great Presentation! Seemed like a mix of leadership and innovation content.
- Dr. Uma's speech brings academic words with technical business minds
- Loved the Guest Speaker!

