



2024 Leadership Summit Survey Report:

Survey Results by Speakers/Programs Sessions

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The Rhythm of Resilience: Bounce Back Better – Speaker: Patrick Perez

Responses: 7

Q2: At the start of the session, what did you hope to learn and take away from this session?

The responses to the survey question regarding participants' expectations at the start of the session were varied. Some attendees hoped for an inspirational talk, while others indicated having no specific expectations or being open to anything. Additionally, some respondents stated that they had no idea or no particular takeaways in mind at the beginning of the session. Overall, there was a range of attitudes, from anticipation of inspiration to being "open to anything".

Q3: On a scale of 1 (not at all likely) to 10 (very likely), how likely is it that you would recommend this session to a friend or colleague? **10/10**

Q4: On a scale of 1-5, how well was the purpose of this session conveyed? **5/5**

Q5: Is there anything you wish you knew before the session started?

The responses to the survey question about what participants wished they knew before the session started were light-hearted and varied. Some attendees expressed a desire for knowledge about dancing or more dance moves, perhaps indicating a playful or relaxed attitude towards the session. Others mentioned not wearing their best suit in case there were unexpected activities like breakdancing. A few respondents simply stated that they had no particular wishes or expectations before the session began. Overall, the responses reflected a mix of humor, openness, and lack of specific preconceptions.

Q6: On a scale of 1-5, how interactive and engaging was the session? **5/5**

Q7: On a scale of 1-5, how well organized and easy to follow was the session? **5/5**

Q8: Were there any accessibility issues with the delivery of the session?

None reported.

Q9: What is one key takeaway that you have from this session?

*The key takeaways from the session varied among participants, highlighting diverse insights and reflections. Some emphasized the **power of positive thinking** and its impact on personal growth, echoing the sentiment of "**As you think, so you become.**" Others focused on the **importance of letting go and exploring new avenues when faced with challenges, advocating for flexibility and adaptability**. Another significant takeaway was the need to **combat automatic negative thoughts (ANTs)** and cultivate **resilience to thrive**, both individually and within communities. Overall, participants appreciated the session's content and found various valuable lessons to apply in their lives.*

Q10: Do you have any feedback for the session leader/speaker or the Prospanica staff about this session specifically?

The feedback for the session leader/speaker and Prospanica staff was **overwhelmingly positive**. Participants praised the session for its **amazing job, great energy, and impactful message**, expressing a **desire for more content in the future**. There were requests to bring back both the speaker and the "Pescadores", indicating a high level of satisfaction with the session. Overall, the feedback highlighted the session's excellence and the innovative approach of the speaker, reflecting a highly positive experience for the attendees.