

Post-Retreat Survey: Reflection on the RESTORE ME Experience

1. Impact of the Retreat

On a scale from 1 (strongly disagree) to 5 (strongly agree), please rate the following statements:

The retreat helped me experience spiritual renewal.

__ 1 __ 2 __ 3 __ 4 __ 5

I have gained practical strategies for managing stress and maintaining resilience in ministry.

__ 1 __ 2 __ 3 __ 4 __ 5

I feel more confident in setting boundaries between my ministry and secular work.

__ 1 __ 2 __ 3 __ 4 __ 5

The retreat provided me with meaningful opportunities for community building.

__ 1 __ 2 __ 3 __ 4 __ 5

I have developed a clear self-care plan to sustain my well-being.

__ 1 __ 2 __ 3 __ 4 __ 5

2. Reflections on Key Sessions

What session(s) impacted you the most? Why?

What specific practice from the retreat will you integrate into your life and ministry? _____

How would you rate the overall retreat experience?

__ 1 (Poor) __ 2 __ 3(Average) __ 4 __ 5 (Excellent)

3. Suggestions for Improvement

What aspects of the retreat could be improved for future participants?

Are there any additional topics or practices you would have found helpful?

4. Follow-Up Commitment

Will you commit to follow-up accountability with a retreat peer? Yes No

Would you be willing to participate in a 3-month follow-up survey to evaluate long-term impact? Yes No