

## ***Women of Christ Pre-Workshop Day Questionnaire***

Greetings. Thank you for allowing me to be a part of your personal and spiritual development.

This important workshop will be held in 1 full Saturday session in July as determined by your church members availability. The workshop will be scheduled from 9:00 a.m. -4:30 p.m.

In order to prepare for our workshop, I am asking that you complete the questions below (**2 pages**): I challenge you to look deeply within and answer openly and honestly. Your responses to all questions will be kept confidential. Please send your completed questionnaire to me directly at [adaltan70@aol.com](mailto:adaltan70@aol.com). Please place in the subject box **PA Workshop Questionnaire**. If you feel uncomfortable with any of the questions, please just indicate (prefer not to answer) in the space next to the question and leave the question blank. There is no penalty to you for not answering any question that you are not comfortable answering.

### ***Questions:***

What are 2 things that you really like about yourself?

1. \_\_\_\_\_
2. \_\_\_\_\_

What are 2 things about yourself that you would like to change or improve?

1. \_\_\_\_\_
2. \_\_\_\_\_

What are 2 things in your life that you would like to see changed or improved?

1. \_\_\_\_\_
2. \_\_\_\_\_

What are areas in your life that you would like to heal?

1. \_\_\_\_\_
2. \_\_\_\_\_

What emotions do you experience the most? (Examples: Happy, sad, joy, depressed, anxious, fear, excited)

\_\_\_\_\_

\_\_\_\_\_

What do you believe is your purpose in life?

3. \_\_\_\_\_
4. \_\_\_\_\_

What do you believe is your purpose in the church?

5. \_\_\_\_\_
6. \_\_\_\_\_

What are 2 things that you really like about your church?

1. \_\_\_\_\_
2. \_\_\_\_\_

What are 2 things that you really like about your fellow worshipers?

3. \_\_\_\_\_
4. \_\_\_\_\_

**Please answer the following questions on a scale from 1-10 with 1 being the least and 10 being the greatest.**

- How important do you think it is to be able to ask for help? \_\_\_\_\_
- How good are you with asking for help when needed? \_\_\_\_\_
- How much are other people willing to help you? \_\_\_\_\_
- How willing are you to help other people? \_\_\_\_\_
- How familiar are you with external resources that you can get help from? \_\_\_\_\_
- How comfortable are you with utilizing available resources for assistance? \_\_\_\_\_
- How comfortable are you with the people around you? \_\_\_\_\_
- Do you believe that you can be your honest authentic self around the people you are around? \_\_\_\_\_

What gets in the way of you seeking out help when it's needed **OR** what makes you brave enough to seek help when you need it?

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During our time together, what is one main topic that you hope we discuss or cover?

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Do you have any additional comments or things that you want me to know before our workshop? \_\_\_\_\_

If yes, please state it here: \_\_\_\_\_

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