

Self-Care: Finding Your Balance

The workshop objectives were clear to me.

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
I can recognize compassion fatigue and burnout.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can be a better caregiver/advocate/educator when I can find my balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can find resources and strategies people can use to balance the effects of stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can identify a couple of starting strategies for a self-care plan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Workshop Design:

	No	Somewhat	Yes
I felt engaged.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The workshop encouraged active participation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Identify one to two strategies you plan to implement immediately as a result of this workshop.

What additional professional development/resources/support would be helpful to you in order to implement?

Additional Comments?