

Event Survey for WCMS Healthy Healer Retreat 11.4.2017 – please fill out and leave with WCMS Staff

1. How would you rate this retreat on a scale of 1-10, with 10 being the highest? ____
2. How would you rate the speaker on a scale of 1-10, with 10 being the highest? ____
3. Would you attend future events that address burnout/promote wellness? Yes No
4. Is WCMS' Healthy Healer Program of value to you? Yes No
5. What small groups would you attend to support personal wellness and coping strategies?
 - Burnout prevention
 - Fear of malpractice
 - Relational health (family, friends, community)
 - Practice management/Electronic record keeping
 - Mindfulness
 - Anxiety/panic
 - Stress
 - Addictions to work
 - Addictions to substances
 - Workplace conflict
 - Finding meaning in medicine
 - Other (please list topics): _____
6. Are you interested in using our confidential, private “off the record” professional counseling and coaching sessions to address your personal or professional concerns? Yes or no? ____
(If yes, please visit our Healthy Healer webpage: www.mywcms.org/healthyhealer)
7. Would you be interested in learning more about (check all that apply):
 - Complete Health Improvement Program (CHIP, a scientifically-proven lifestyle education program) with Dr. Brian Asbill
 - Mindfulness Based Stress Reduction (MBSR) course with Scott MacGregor, local instructor
 - HeartMath Training (scientifically based tools to help people bridge the connection between their hearts and minds) with Dr. Dana Park
 - Concierge Services (grocery shopping, home maintenance, running errands, etc.)
 - Other: _____
8. What else can WCMS do to reduce burnout, improve wellness, and support physician and physician assistant families?
