

**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](http://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?  
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