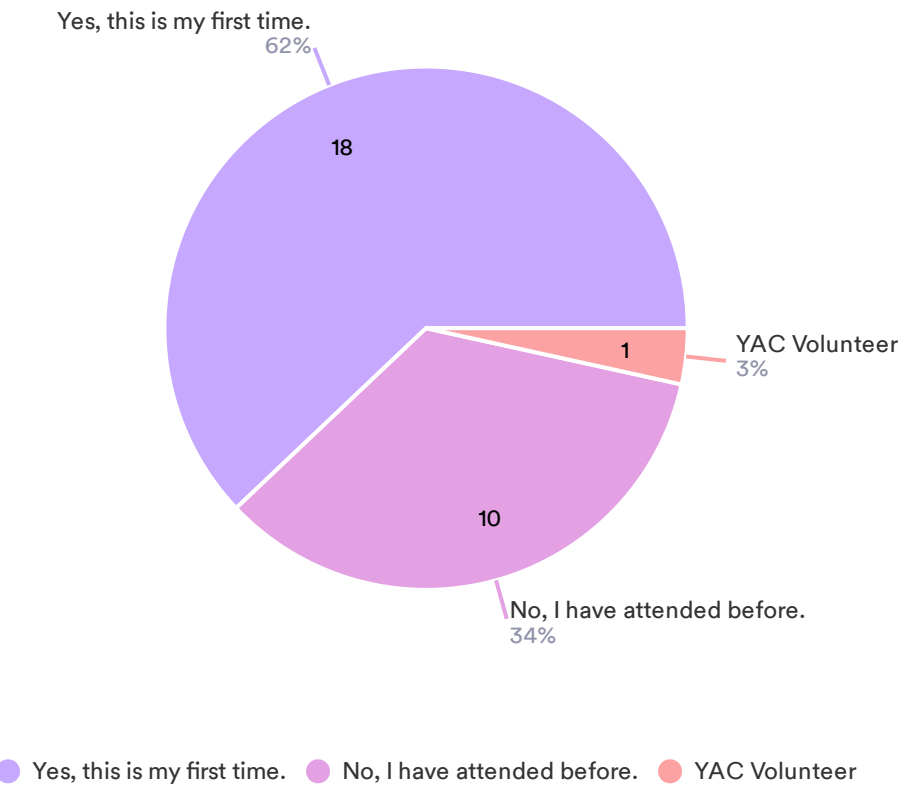


2025 Teen Wellness Retreat Feedback

2025 Teen Wellness Retreat Feedback

Is this your first time attending the Teen Wellness Retreat?

29 Responses



Overall, how satisfied were you with the event?

29 Responses

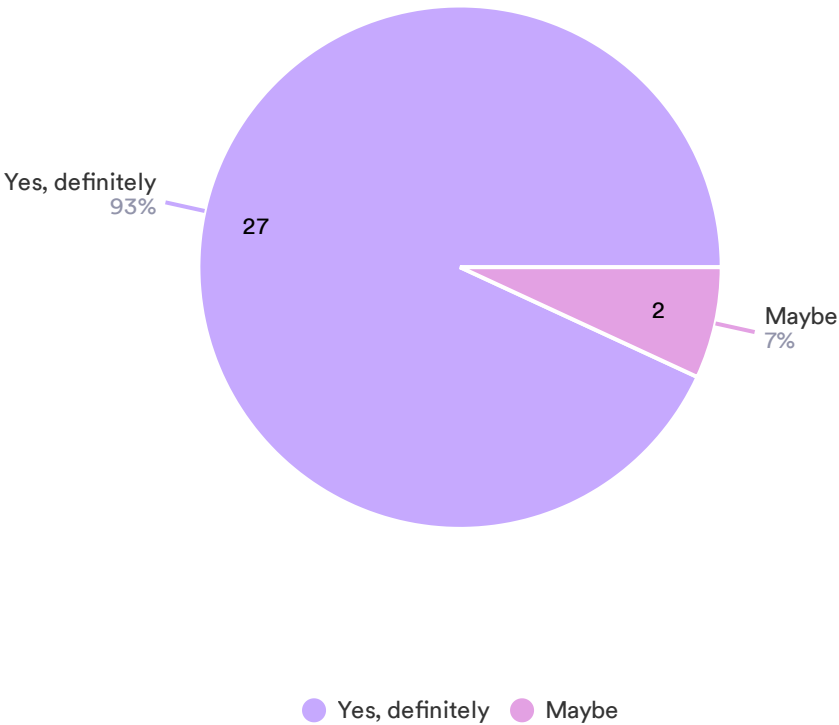


Data	Response	%
★★★★★	23	79%
★★★★☆	5	17%
★★★★☆	1	3%
★★★☆☆	0	0%
★★☆☆☆	0	0%

2025 Teen Wellness Retreat Feedback

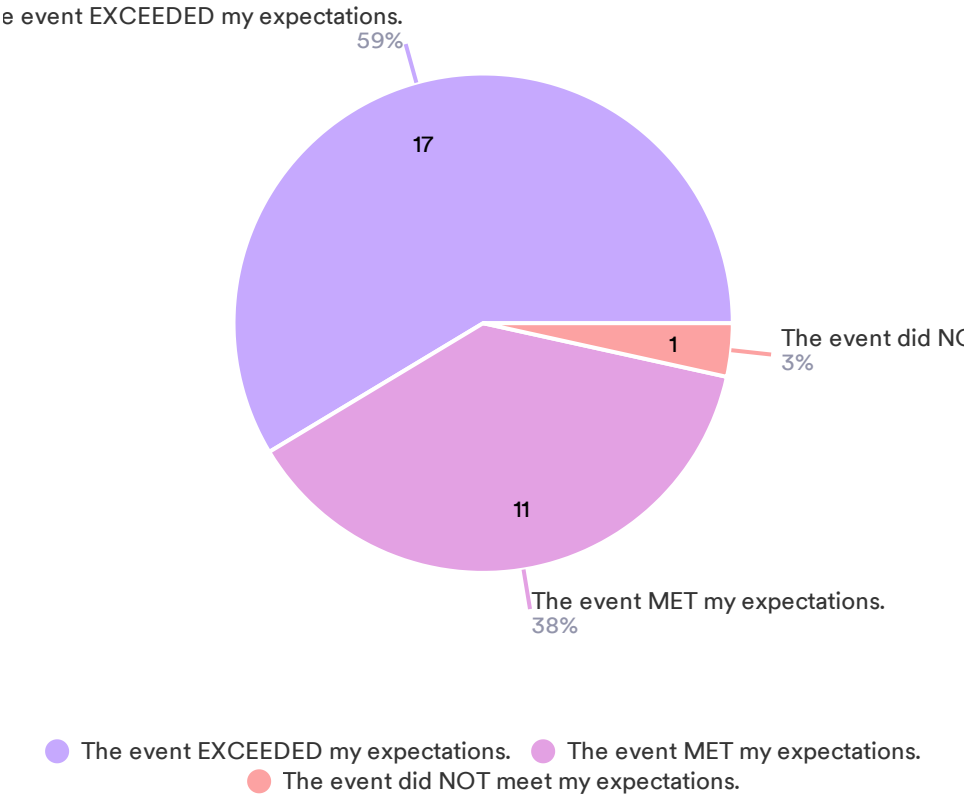
Would you recommend the event to a friend?

29 Responses



How did the actual event compare to your expectations?

29 Responses



The event helped me learn new ways to manage my stress and emotions.

29 Responses

Best Response



52%
Percentage

29
Responses

Data	Response	%
5	15	52%
4	11	38%
3	3	10%
1	0	0%
2	0	0%

How relevant was the information presented to your daily life?

29 Responses

Best Response



41%
Percentage

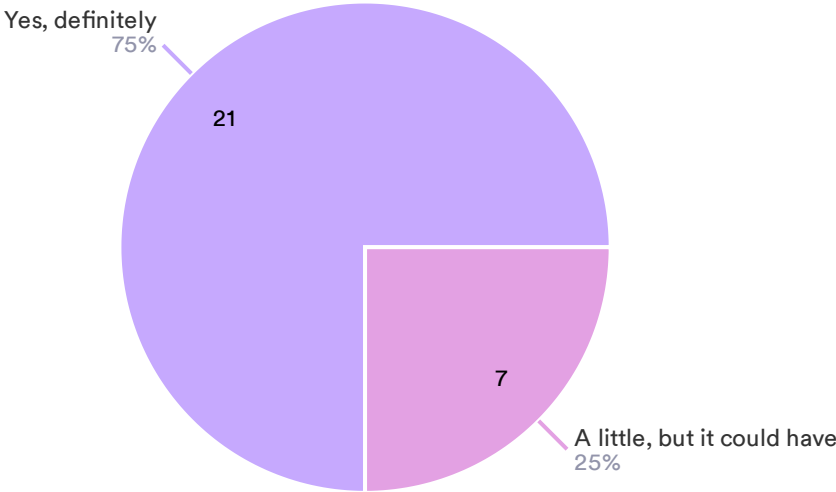
29
Responses

Data	Response	%
5	12	41%
4	9	31%
3	6	21%
2	2	7%
1	0	0%

2025 Teen Wellness Retreat Feedback

Did you feel well-informed about the event schedule and activities?

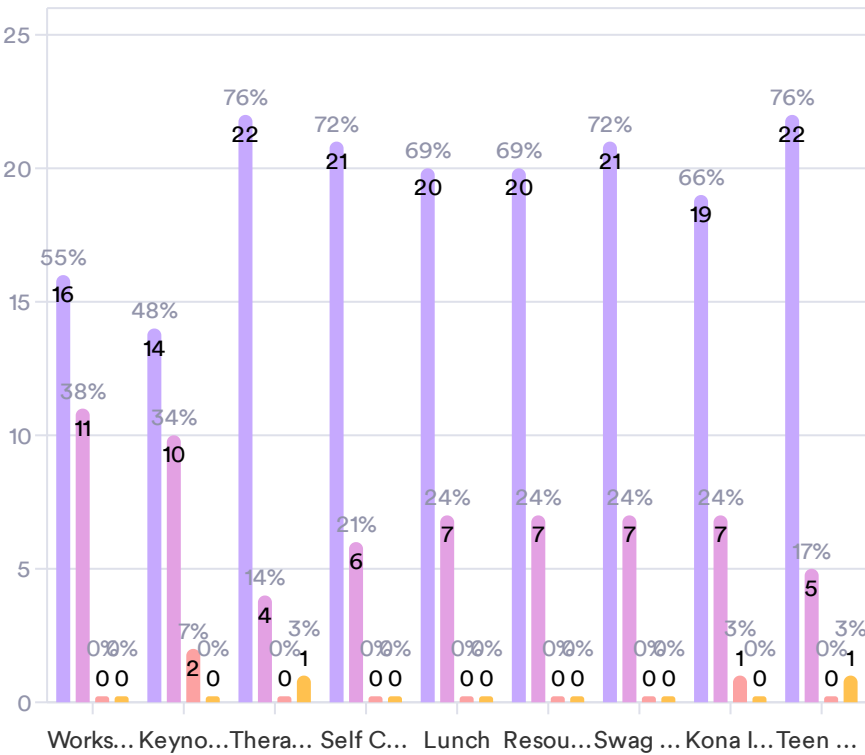
28 Responses- 1 Empty



Yes, definitely A little, but it could have been better

Please rate the activities at the event.

29 Responses



Excellent Good Poor I did not participate.

2025 Teen Wellness Retreat Feedback

Which session or activity was your favorite, and why?

27 Responses- 2 Empty

Data	Responses
The Kona Ice Truck and the Workshop Sessions were my favorite because I learned a lot of different things from the Workshop Sessions and Kona Ice is delicious.	1
Workshops	1
Mind, body and wellness workshop	1
Karate was my favorite activity because I was able to learn something I hadn't done, also the teacher was a good person when teaching us how to do the movements.	1
My favorite was definitely the therapy animals just because i love dogs so much.	1
The bands were awesome!	1
Eating lunch because it was very yummy	1
I enjoyed when we did the bracelet making, slime, art etc activities	1

Were there any topics or activities you wish we had included?

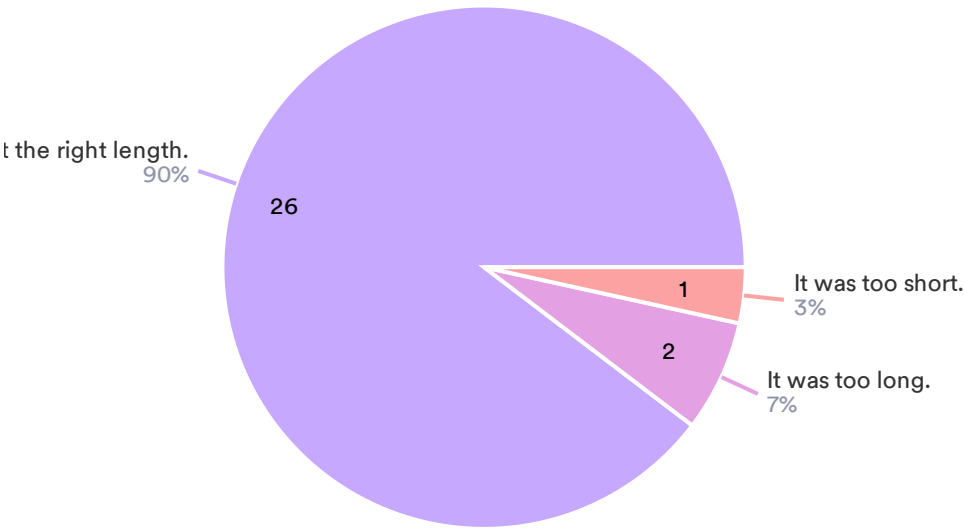
21 Responses- 8 Empty

Data	Responses
No	3
I wish that you guys could have included some helpful strategies or a class to help with addiction in screens and games. Other than that, it was great!	1
None	1
No not really	1
Would love to have the nutrition again	1
Please bring back the raffle it was the best part	1
Probably stuff on coming out	1
The smashing plates workshop and the painting and friendship bracelet workshop. And the raffle.	1
Other entries	11

2025 Teen Wellness Retreat Feedback

How did you feel about the event length?

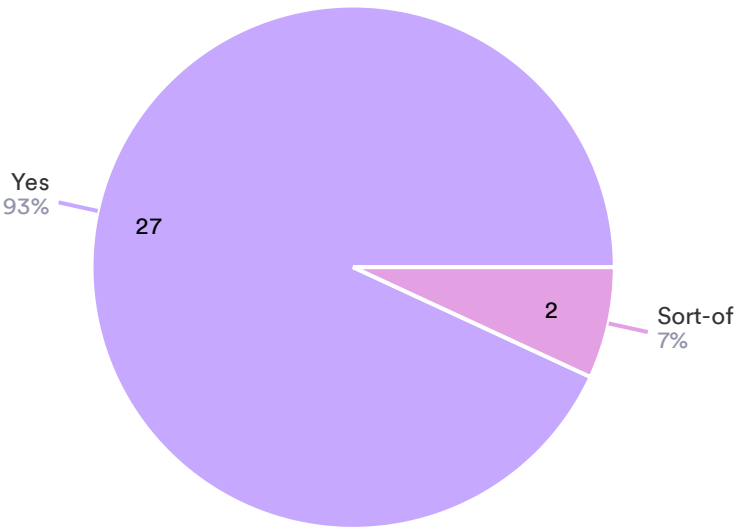
29 Responses



● It was about the right length. ● It was too long. ● It was too short.

Did the schedule allow for enough breaks and free time?

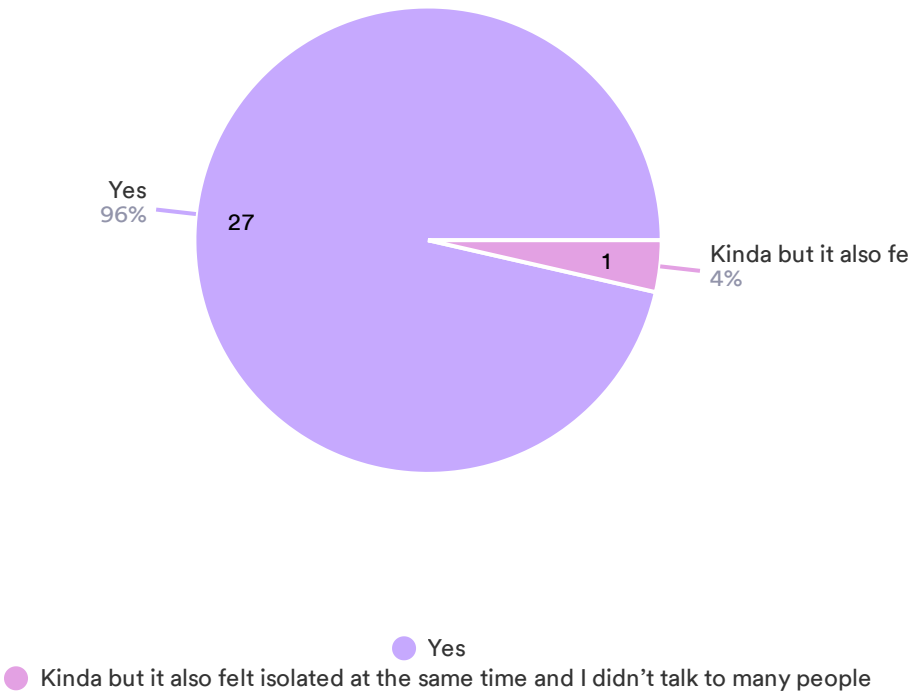
29 Responses



● Yes ● Sort-of

Did you feel that the retreat was a safe and welcoming space for you?

28 Responses- 1 Empty



If no, please explain why.

1 Response- 28 Empty

Data	Responses
N/A	1

2025 Teen Wellness Retreat Feedback

On a scale of 1-10, how likely are you to come back next year?

29 Responses

Best Response



69%
Percentage

29
Responses

Data	Response	%
10	20	69%
9	4	14%
8	3	10%
6	2	7%
1	0	0%
2	0	0%
3	0	0%
4	0	0%

If you could describe the retreat in three words, what would they be?

26 Responses- 3 Empty

Data	Responses
Fun, Educational, and Filling	1
Fun, relaxing and cool	1
Fun! Interactive Calming	1
Comfortable, fun and interesting	1
Relaxing, calm vibes	1
Fun and different	1
Meditation good food	1
Recharge safe welcoming	1
Other entries	18

What was the most valuable thing you took away from the event?

27 Responses- 2 Empty

Data	Responses
The most valuable thing that I took away was probably the distraction skills that I learned from goodformedia.	1
Stress management	1
To make sure to have a healthy mindset and interact with others	1
Self-care resources and tips	1
Definitely the ideas on how to be less stressed daily	1
I'm not alone in my uncertainty	1
breathing exercise	1
Nutrition workshop	1
Other entries	19

What kind of presenters/activities/food/etc. would you like to see next year?

21 Responses- 8 Empty

Data	Responses
Therapy cats	2
I would like to see a wider variety of food, maybe Chinese. Another thing that would make it better is that you could	1
Sushi 😊 And more hands on activities	1
The same or some new ones	1
there wasn't a lot of vegetarian options so maybe that	1
Raffle	1
The dessert/ treat at the end was nice, and I think that should be continued	1
Boba or ice cream instead of Kona ice.	1

2025 Teen Wellness Retreat Feedback

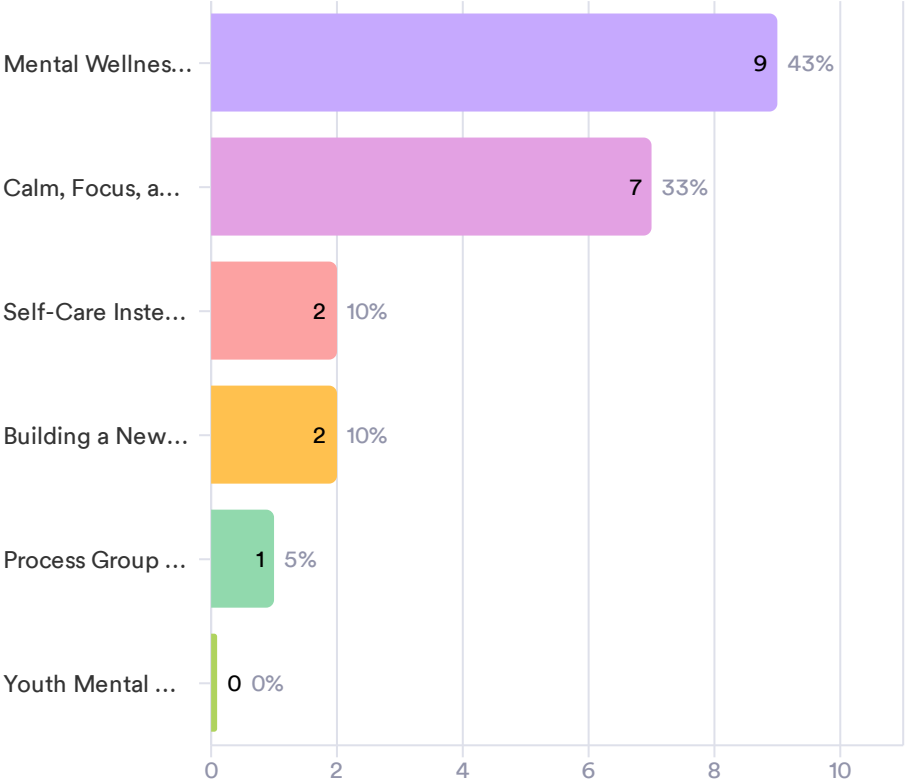
Do you have any other comments or suggestions for us?

14 Responses- 15 Empty

Data	Responses
No	4
Nope	2
Please add the raffle back	1
Bring back the plate smashing! It kept me stress free for a week!	1
I don't think so	1
Keep it up!	1
i loved how they really cared for our needs and provided with so much for us	1
This was amazing! I felt so welcomed and supported. Please keep doing what you're doing!	1
Other entries	2

Workshop Slot 1

21 Responses- 8 Empty



How would you rate the instructor?

23 Responses- 6 Empty

Best Response



61%
Percentage

23
Responses

Data	Response	%
5	14	61%
4	7	30%
3	2	9%
1	0	0%
2	0	0%

How relevant was the content to you?

23 Responses- 6 Empty

Best Response



52%
Percentage

23
Responses

Data	Response	%
5	12	52%
4	8	35%
1	1	4%
2	1	4%
3	1	4%

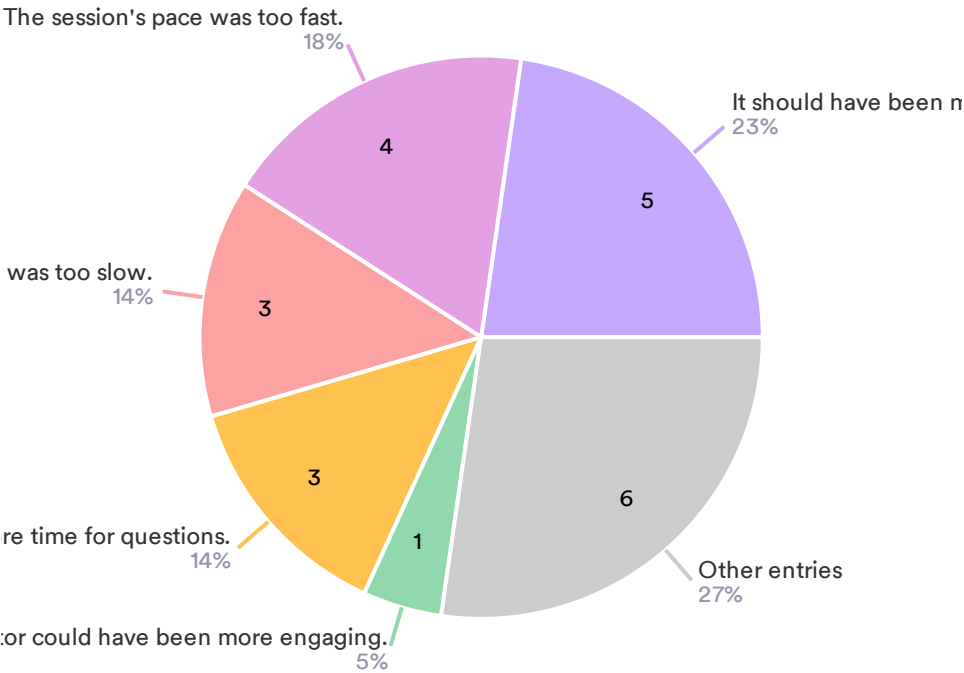
What was your favorite part of the session?

18 Responses- 11 Empty

Data	Responses
I did not attend.	1
The explanation of how we feel emotions	1
The feeling circle	1
Good	1
Lying on the mat very relaxed	1
The presentation	1
The imagining a happy place	1
Learning about the ice packs trick and getting candy :)	1
Other entries	10

What could be improved for this workshop session?

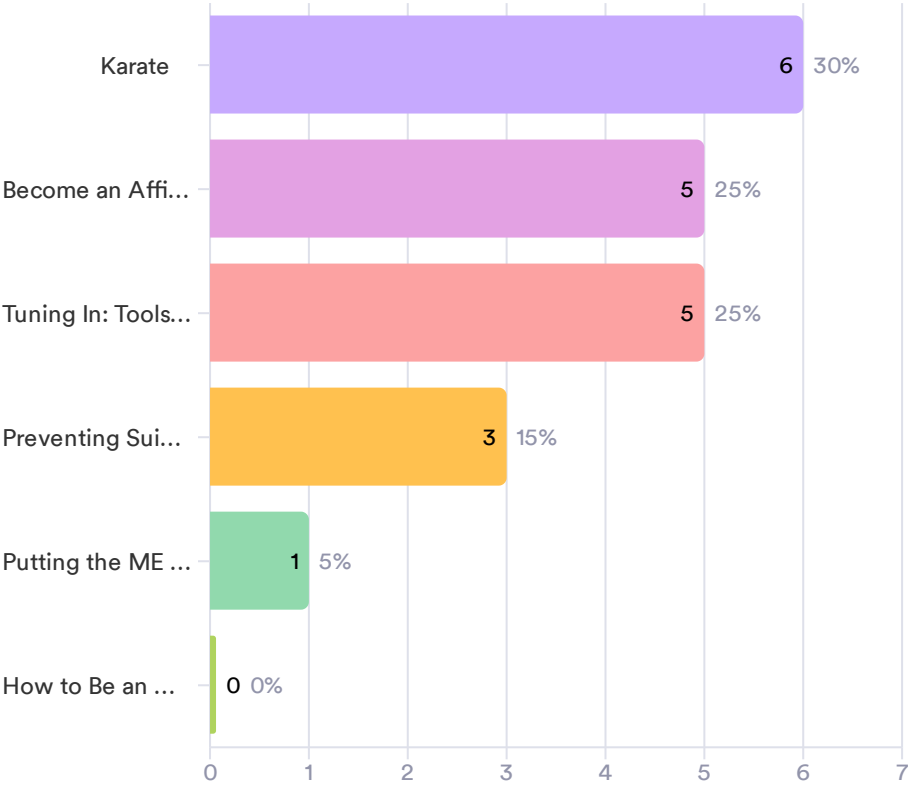
22 Responses- 9 Empty



2025 Teen Wellness Retreat Feedback

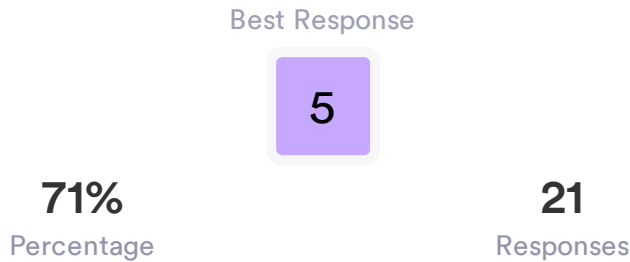
Workshop Session 2

20 Responses- 9 Empty



How would you rate the instructor?

21 Responses- 8 Empty



Data	Response	%
5	15	71%
4	6	29%
1	0	0%
2	0	0%
3	0	0%

How relevant was the content to you?

21 Responses- 8 Empty

Best Response



48%
Percentage

21
Responses

Data	Response	%
5	10	48%
4	8	38%
3	3	14%
1	0	0%
2	0	0%

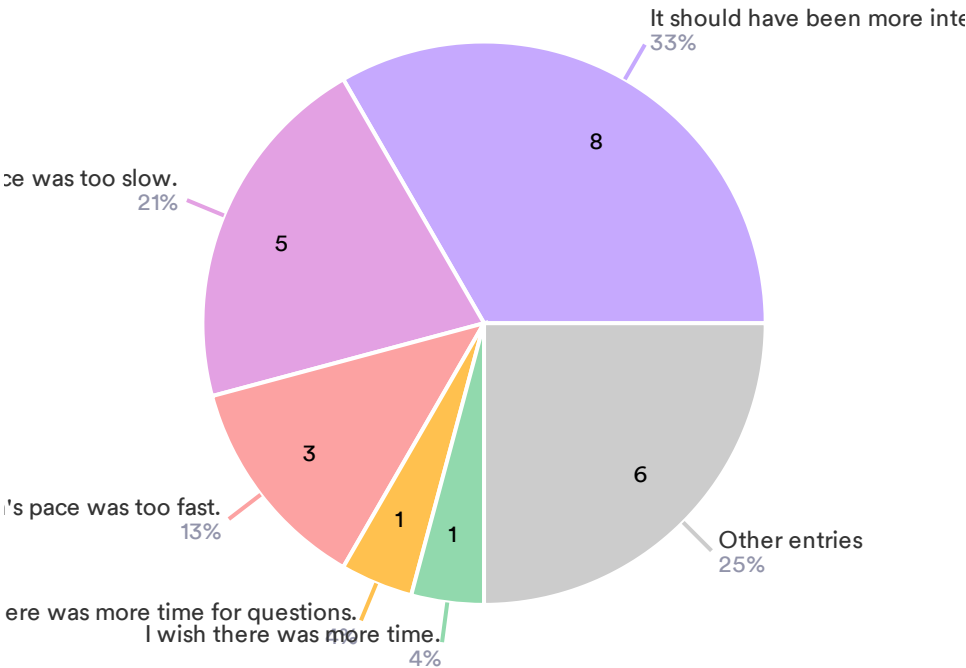
What was your favorite part of the session?

17 Responses- 12 Empty

Data	Responses
I liked the would you rather portion of this session.	1
The way the teacher taught us movements	1
Just everything, it was very informative	1
Learning how to help	1
When he did the black belt moves	1
The funny character thing	1
All of it	1
I dunno	1
Other entries	9

What could be improved for this workshop session?

24 Responses- 10 Empty



Thank You!

2025 Teen Wellness Retreat Feedback