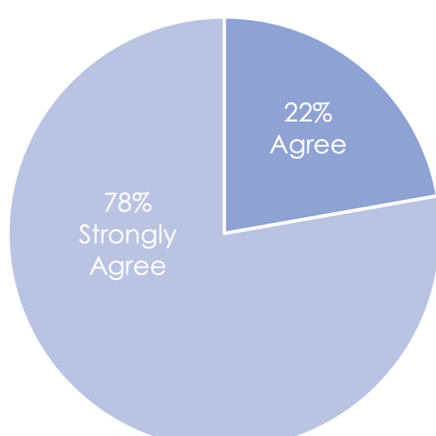




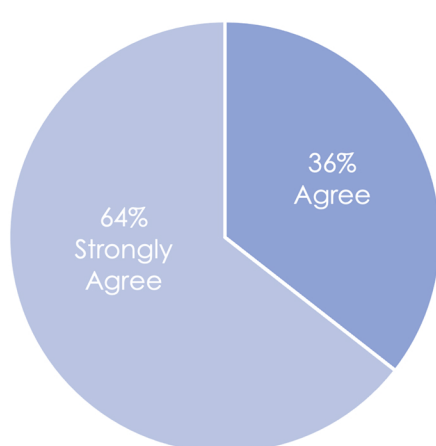
Comments from Replenish at Work™ Retreat participants highlight the program's benefits in providing support, offering practical tools for self-care and fostering a sense of camaraderie among nurses.

As a result of attending this session, I understand the importance of incorporating self-assessments into my day.



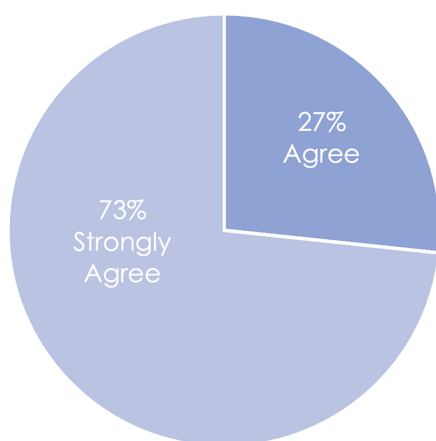
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

As a result of attending this session, I can identify at least one Rapid Response micro-restorative practice to promote my own well-being



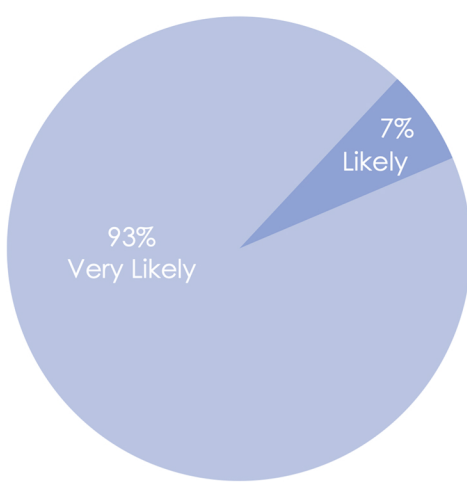
■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

As a result of attending this session, I know how to perform a Pulse Check



■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree

How likely are you to recommend this program to a colleague?



■ Very Likely ■ Likely ■ Neutral ■ Unlikely ■ Very Unlikely



Overall, the retreat was described as a much-needed session that provided valuable techniques for daily use and a supportive environment for personal growth and connection with peers.

"Extremely beneficial and provided the emotional and psychological support I needed."

"Great reset with tools. We have had things like this, but this felt more relatable and down to earth."

"This was a needed session. I have received techniques that can help me daily. I think this should be introduced to every unit."

"Really helpful to learn and hear from fellow nurses who I felt could relate to what I go through routinely."

"Much needed and not done enough! It brought a lot to my attention without that sensation of being "prescribed" or told what to do."

"Great program, should be available for all in the health system."