

## WHAT ATTENDEES SAID AFTER OUR LAST RETREAT

*Women fill out an evaluation after each retreat. Evaluations are anonymous, but we thought you would want to know what some of them said, even if you didn't know who said it! These are their exact quotes.*

- This retreat is always so well planned and provides a great forum of transformation and insight. And the location is such a perfect venue for it.
- I appreciate the time away to think about me and reflect on my life and how the things I learn at the retreat can be incorporated into my life to reach positive results.
- These retreats are wonderful soul food. Emotional, uplifting, rejuvenating, spiritual, loving, happy, educational, relaxing, and restorative. I come away full of inspiration and happiness.
- The content kept me interested throughout the entire program.
- I felt like I was being enveloped in a bubble... safe to explore my innermost thoughts and feelings, discover my truth, identify where I have work to do, all the while surrounded by a safe, light infused shell.
- I appreciate the "practical" information given to us by the presenters that we could apply immediately.
- I did not know what to expect so went into the weekend very open to learning how a group of women I did not know well would impact my life path and me. I took individual risks for me. I came alone, drove an unfamiliar car and stayed by myself thus starting with my own BOLD moves, at least for me.
- I loved meeting these incredible women who seemed genuinely friendly and willing to reach out to people in the group in friendship. I kept thinking of Eleanor Roosevelt's quote about never underestimate the POWER of a group of women. So in summary, it was a wonderful time for introspection, risk taking, and making future friends.
- I went from exhaustion and preoccupation with all the noise in my head to relaxation, peace, and contentment. Very nice.
- The retreat was a wonderful opportunity for me to "get away from it all," and to spend time thinking about my life and where I want to take it.
- The feeling of acceptance and community is fabulous and overwhelmingly wonderful.
- Is there a rating score called beyond awesome? This retreat was definitely beyond awesome.
- The value for me is now having a support network that I can tap into even outside of this retreat.

- I came without knowing anyone and was immediately welcomed by everyone the minute I got there and felt very comfortable.
- The retreat is an obvious labor of love, time and commitment. It is a wonderful gift to those of us who are fortunate enough to attend.
- I'm planning to return next year, hopefully with several other women.
- Wendy is an inspiring presenter and brilliant facilitator.
- Wendy is an inspiring presenter and brilliant facilitator. She has magnetic energy and deep commitment. Each one of the planning team exude that light as well. I feel truly blessed to have been part of an excellent, deeply moving and highly motivating weekend.
- Great to take home things I can DO on my own to sustain what I learned!
- This retreat is always so well planned and provides a great forum of transformation and insight.
- The feeling of acceptance and community is fabulous and overwhelmingly wonderful
- This retreat was so great; I can't wait to invite all my friends next year.
- It was a powerful and full program. The location is beautiful. The presenters as well as attendees were open, caring, and thoughtful.
- I have attended this retreat before and I truly value the opportunity to think through my "next bold move" and talk about it with a supportive network of women.
- I came away with new approaches, and new resources to consider as I move forward.
- It's such an amazing experience to be surrounded by such a wonderful group of women that are all searching for something! We are all different, yet all the same, and it's nice to experience that.
- I realized that I am bold in my own way. I realized that my next bold move is not a "thing" (job, jumping out of a plane etc.) but it is a state of mind. And in order to accomplish the next bold "thing" I need to re-frame my mind. I need to enjoy the journey that I am on and stop focusing on the destination. I learned that I have not wanted the journey and just wanted to get to the destination and never seem to get there because I skip the journey. I am committed to ENJOYING THE JOURNEY and not trying to skip it and I will just see where it brings me....
- I can't wait for next year! :)