

# Session Feedback

## Session name

\*Keynote\* - Exhausted to Energized: How t...

## Respondents

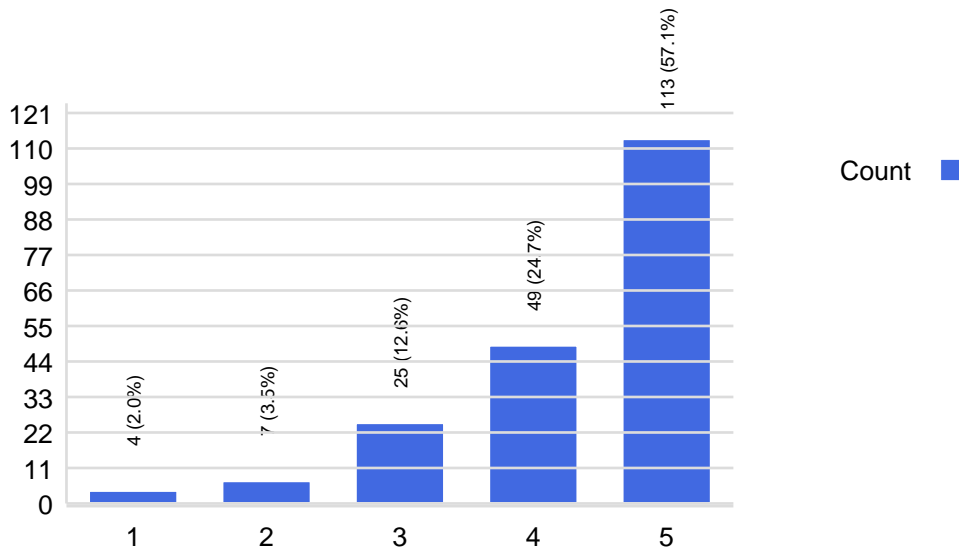
198

## Feedback form questions

I learned something new in this session.

LINEAR SCALE

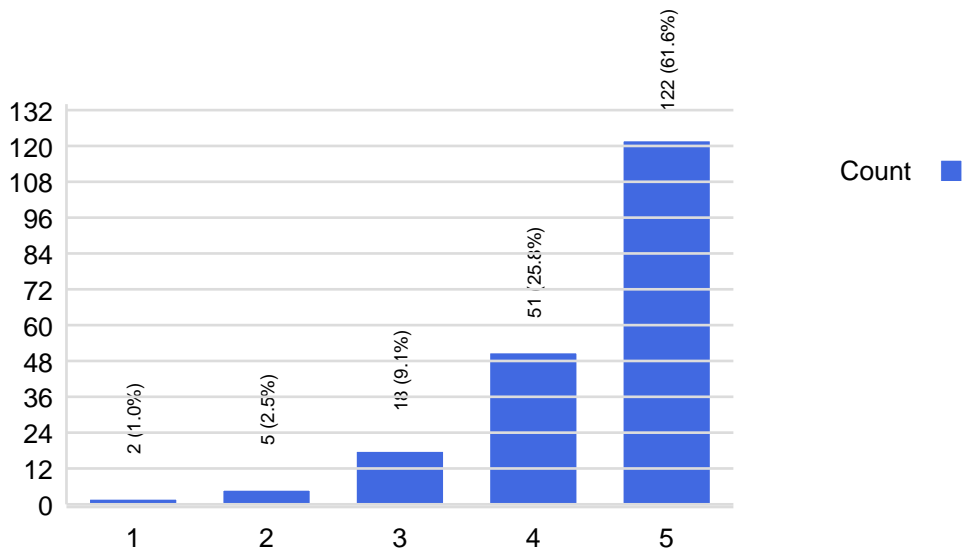
198 responses



I will apply what I learned in this session in my work.

LINEAR SCALE

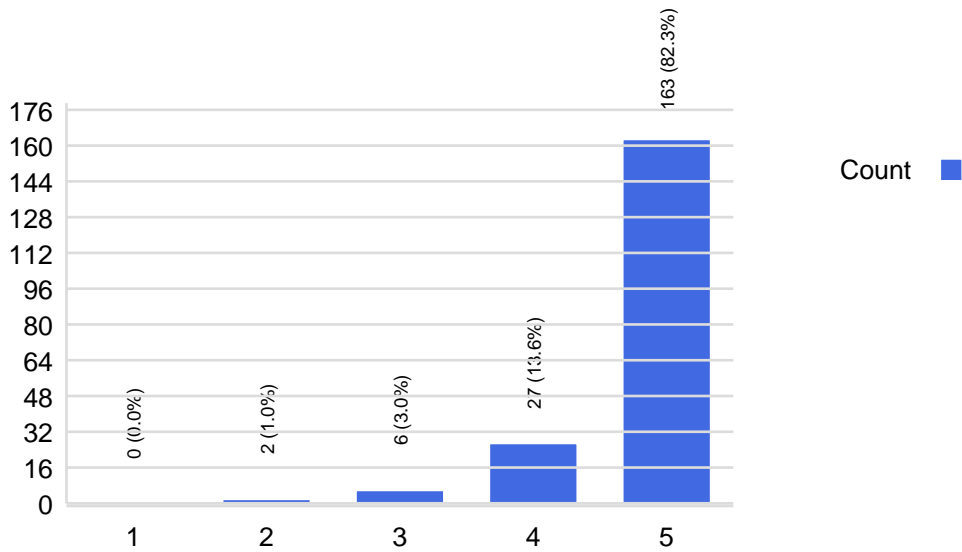
198 responses



### The speaker(s) presented their content well.

LINEAR SCALE

198 responses



### What is one concept or idea you're taking away from this session?

FREE RESPONSES

"Different types of rest"

"Great speaker, will continue with current self care practices to not get to the burn out level"

"Three chord linkage"

"Different types of rest"

"Step away from work, even for 10 or 15 minutes!"

"The different types of rest"

"We are being asked to do more with less, but keep going our work is important."

"Helping people feel belonging through kindness and empathy"  
"Idk"  
"The 3 S's"  
"Remember our whys and service"  
"AIM"  
"Reminded of the value of sensory input."  
"Self care"  
"Love having a focus on joy, and discussion on types of rest"  
"How to change my mental speech to myself on how to care for myself best."  
". "  
"Set emotional boundaries!"  
"Take time out of my day even if it 5 minutes will help you."  
"7 areas of rest!"

*View 178 more responses in [Session Feedback](#) within the [Whoava Organizer Dashboard](#)*

**Please share any comments about your responses above or anything else about this session.**

FREE RESPONSES

"She was fun to be with as a keynote"  
"Excellent keynote speaker. Very motivating"  
"She was a great keynote speaker."  
"Loved the guided meditation!"  
"Na"  
"Photos a little hard to see clearly from the back of the auditorium. Articulate and well presented."  
"Roxanna was great, wished she could have been given more time."  
"I learned about DRESS for success. I will carry that with me into my career as a social worker."  
"Wonderful presentation"  
"Amazing reset! Thanks so much"  
"Very engaging and energetic. Really enjoyed it."  
"I would have liked to hear about Roxanne's personal experiences with mental health."  
"Amazing"  
"Really appreciated the speaker sharing her story and knowledge."  
"I was thoroughly impressed by the presentation and thrilled to be part of this learning session."  
"Thank you!"  
"N/A"  
"This was great!"

"Average info. Not congruent content to title but entertaining to watch."

"Great speaker engaging"

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