

Navigate the Great 8: Participant Evaluation



Thank you for participating in Navigate the *Great 8 Wellness Dimensions*! Your feedback helps us improve future sessions and understand what was most meaningful to you.

1. Overall Experience

Please rate your experience:

Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The activities were engaging and enjoyable.	☐	☐	☐	☐	☐
I had enough time at each station.	☐	☐	☐	☐	☐
The stations were easy to understand and participate in.	☐	☐	☐	☐	☐
I gained a better understanding of the 8 dimensions of wellness.	☐	☐	☐	☐	☐
The Wellness Map helped me reflect and take meaningful action.	☐	☐	☐	☐	☐

2. Learning & Insight

2A. Which station(s) helped you learn something new?

- ☐ Emotional
- ☐ Spiritual
- ☐ Physical
- ☐ Occupational
- ☐ Social
- ☐ Environmental
- ☐ Intellectual
- ☐ Financial

Describe what stood out: _____

3. Personal Reflection

3A. What station surprised you the most—and why? _____

3B. Which wellness dimension felt easiest to connect with? _____

4. Application & Action Steps

What small action from your Wellness Map are you most excited to try? _____

5. Session Logistics

Question	Yes	Somewhat	No
Were the instructions at each station clear?	☐	☐	☐
Did you feel comfortable participating in the activities?	☐	☐	☐
Was the session space set up in a helpful way?	☐	☐	☐

6. Suggestions for Improvement

What would make this session even better? _____
