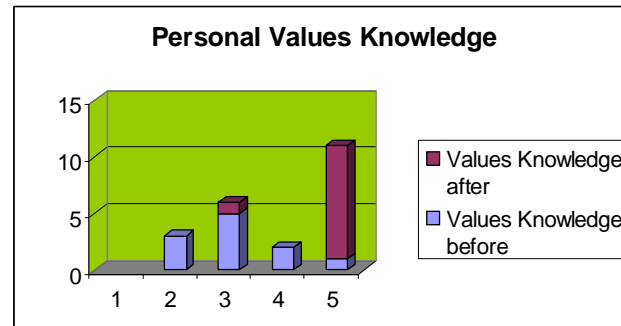
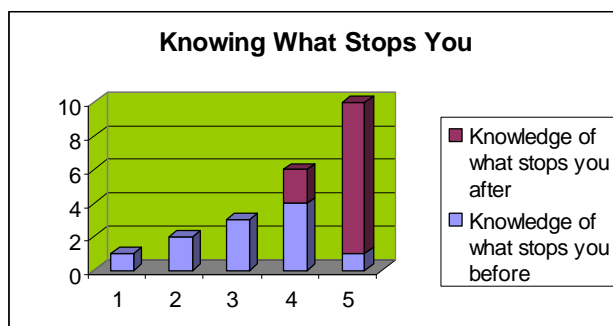
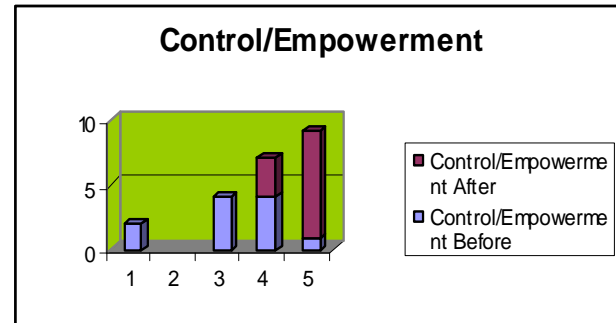
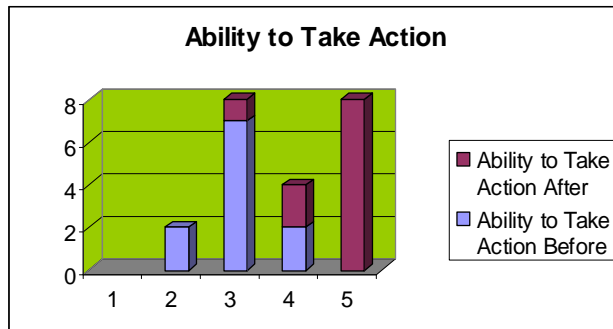


# WHAT'S NEXT FOR MY LIFE?™

## Typical Workshop Recap

### Participant Ratings & Comments

Twelve participants completed a before and after workshop evaluation using the Likert scale and open ended questions. The shift from before (blue) to after (purple), and left to right, demonstrate significant positive shifts in just 4 hours. The audience was of varied ethnicity; female; survivors or caregivers (10/2), ages approximately 35- 70; all between 1 – 5 years post diagnosis with varied diagnoses, stages and outcomes.



**What did you like most about the workshop?** “All the things I learned about the emotions of having and surviving cancer, and the friendships from the group.” “**Listing our values and really going inside ourselves to how we can make our values work better for us.**” “Learning more skills to deal with my fears and move forward.” “**The discussion of values and desire vs. action.**” “Being taught about the little voices in my head and how they can be stopped.” “Learning about internal resistance and how to overcome it.” “Hearing the stories told by others.”

**What would you like to see more of in the future?** “More workshops like the one from today.” “More time to tell our stories.” “Ways to acknowledge the ‘day after Christmas’ feeling when treatment ends.” “All of it again! More things like this.”

To bring this workshop to your facility or organization contact

Paula Holland De Long at 954.565.6894, [paula@WhatsNextForMyLife.com](mailto:paula@WhatsNextForMyLife.com)

or visit [www.WhatsNextForMyLife.com](http://www.WhatsNextForMyLife.com)

Author of *What's Next For My Life?™ Companion Journal for Cancer Patients*  
and *What's Next After Cancer Treatment Ends? LifeBook*