

## **Testimonials from the Personal Growth Retreat**

### **Were your expectations for the Personal Growth Retreat fulfilled this week?**

Yes and more so...It has been both a real rest and a real challenge. The team was outstanding, beyond any conceivable standard.

Yes...more than I ever expected, a life changing experience words can't express.

### **What changes do you see in yourself?**

Patience for myself, less anxiety, internally and socially...a new strategy to cope with my problems and move forward from them...optimism

Better outlook on my life... a clear cut strategy of what I want for myself, my wife and children...a release of all past guilt and the burdens lifted away

### **What will you do differently as a result of this retreat?**

Short Term - an energy boost, patience, renewed optimism, healthy social connection

Long Term- a changed path, inner strength, renewed creativity, the CREDO network for support

Short Term - Regain my marriage, rebuild my wife's trust through action and not words, be more sensitive and caring to family needs

Long Term - Continue to build and make things to become a habit and a lifestyle...to love my wife and family unconditionally...Communicate my inner feelings and emotions with my wife and to be totally honest in all things with her whether good or bad...to be the man of integrity that God intended me to be...to be able to help others by what I have experienced and learned here.