

**Did the small group activities help with our understanding of the Sponsor/Sponsee relationship?****Yes 36****No 1****Somewhat 1**

- To be accountable and honesty
- Small group activities may have needed more guidelines
- I am fairly new as being a sponsor. I have just been in the program for 3 years in August. So I am still learning, listening and talking.
- Was helpful to speak with people who are actively being sponsored.
- There wasn't anyone at our table who was a sponsor that made discussion a bit difficult.
- Somewhat helpful.
- I like the question list that can be copied for meetings; something to even take to the meeting of a potential sponsee, which can then be repeated when they take the same step.
- We had a great table – very sharing
- Gave good examples of each
- It was great to hear the experience of others at the table and in the room
- The sharing was helpful and I enjoyed learning others experiences
- Could have spent more time on this. I felt some of scenarios were irrelevant
- It helped to hear other people's strength, experience and hope related to the Sponsor/Sponsee relationship
- Many ideas shared
- Clarified points on handling certain situations
- I wound up sitting next to my sponsor so it was great to go in more depth and define further. I found it was helpful for me to think about my own role as a sponsee
- Good to get specific guidelines/ideas
- As someone who was just here as a support person I felt very welcomed – I was able to get a better understanding of the Program
- Everyone at my table shared and gave me a variety of information and opinions
- We had good table talk for both activities
- I've learned having a sponsor and meetings to go to has helped me to stay focused
- Brought up different aspects of sponsorship and different styles
- Lots of time to have face to face discussion of preferences
- Yes – really liked the discussion
- Hearing the solutions of others to sponsor/sponsee questions was very helpful
- It helped me to know that I am sponsoring in an approved way like others do it
- We discussed as a table group – fortunately no one person dominated and we had a variety of backgrounds
- I wish there had been clearer guidelines about these discussions
- My group had wisdom and experience – it was good
- There were two sponsors at my table and I learned a lot from them in small group activities
- Their input sparked my input
- Very informative

**Did the Sponsors [panel discussion answer question have had?**

<b>Yes</b>	<b>37</b>	<b>No</b>	<b>0</b>
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- Phone calls every day at the scheduled time
- The alcohol issue
- They talked about food plan and what it does, they talk about opinions and I learned and listen to the talk. You work the steps.
- I've been wondering what a sponsor might expect.
- I appreciated hearing about their experience, strength and hope.
- I appreciate their openness and willingness to share!
- Table was very sharing
- Wonderful speakers all had lots of recovery
- I would have liked to learn from each of the panel members for each of the questions because I would prefer different perspectives
- Panel and ask it basket were most helpful
- Great panel. I appreciate their experience and sharing their knowledge, strength and hope
- Yes and it brought ideas and thoughts to think about. I now realize it takes a lot
- I appreciate people sharing their experience
- RIT sponsoring in answering questions that were posed to them
- Well rounded
- Great knowledge share on relevant topics
- Absolutely great to hear from sponsors with so much experience
- Good to hear variety of viewpoints
- The answer was very clear on my question
- My question was read and answered perfectly
- I liked their brief intros and panel discussion
- They shared what sponsee should have going on in their life in general, but they don't dictate what to do
- What is important is working the program and the steps
- Lots of time to have face to face discussion of preferences
- Great idea
- Brought together different opinions/viewpoints from people of diverse backgrounds and stages of recovery
- Great sharing
- Excellent depth of experience of each member
- Good variety of backgrounds and approaches to being a sponsor
- They taught me quite a bit of new information: very helpful
- Love their guidelines, limits, and requirements for sponsees
- Enjoyed them immensely

**Were you satisfied with this Workshop****Yes 37****No 0**

- To be more accountable as a sponsee and sponsor
- Thank you! Well-done. Coloring pages and raffle was nice and great to give out packet.
- It seemed to be very helpful to me as I am a two-time sponsor. I learned about you still go to meetings. You still have to work the steps and the tools and be abstinent that the keys to recovery.
- I liked the format and appreciated having an agenda
- I learned a great deal
- Yes, it has been very well run – timely
- There was good sharing and several different perspectives
- Good suggestions and many things I had not thought about
- Best part was panel and “Ask it basket”
- Good job! Thank you to everyone for your service
- I learned so much. I need to find a sponsor and open myself up. I learned the difference between sponsor/sponsee and accountability partners
- It was a wonderful infusion of program
- Great input, fellowship, supportive
- Best one yet – hopefully more people will start to sponsor – I will
- I loved it. Learned a lot that I will take back with me into my program as a sponsor and sponsee
- One of the most useful for How To – Great!
- Very much so – this has given me enlightenment of the Program so I may be helpful to my friend - Having the knowledge to keep positive and upbeat
- I knew very little about being a sponsoree or sponsor. This meeting taught me a lot. Thank you!
- Thank you for all the hard work
- Learned what it means to the importance of being abstinent
- Learned the importance of the twelve steps
- Being honest with myself and my sponsor
- Using Traditions in dealing with life situations
- Blessings for Service
- Anything to do with Sponsorship is good
- Would attend again | Surpassed expectations
- Question basket was helpful and timing was perfect for all issues to be addressed
- Liked everything – starting and stopping on time was appreciated
- Well run! Kept on time line | Great job staying on time!
- Overall Excellent | Loved it
- Very well planned and very good leaders | Nice format
- Also, this workshop provided many resources
- Good sized attendance
- Yes – good people, good organization
- I need to get serious with my sponsor and OA because I definitely want to be a sponsor after I go through 12 & 12
- Thank you for your thoroughness in putting this workshop together – great flow!!

**Suggestions for future workshops**

- Abstinence and Spirituality
- I cannot think of anything at this time. I am still fairly new to the group I am still learning. (3 yrs)
- Gatherings are always nice; it helps with not feeling alone.
- Using the tools – clarifying what they are and how others use them in their recovery.
- Abstinence & Relapse
- Prayers
- I enjoyed the hands on nuts and bolts approach to the workshop. I hope this can be applied to other topics.
- Abstinence (x2) | Abstinence – what does yours look like?
- Food Plans perhaps
- Talk on using “My OA Tool Kit”
- Talk on food plan for OA who doesn’t cook
- Tiffany from Okamos would be a good speaker – she lost 70 pounds in 9 months
- Keeping your program exciting after you work through the 12 steps (I understand you should work the steps again but other than that...
- This is too long for me – I would have preferred a shorter program with just the panel and ask it basket. I would come to more of these if they were shorter. (I’m still working and have a family. 3 hours on a Saturday is a long time.
- Thanks for your generous service in offering this program!
- Abstinence: what is true abstinence and how to achieve
- Service Projects
- Starting new meetings – how to do so
- 12 step within
- Thank you for all the work of this workshop – WELL DONE
- Plan of Action: What to do, when and how
- Abstinence / challenges early in program and challenge with long-term abstinence
- I thought this was a well-rounded session – a lot of information, a lot of feedback and there was very good participation showing me as an outsider that this is a successful program with longevity.
- What is Abstinence?
- How to work the 12 steps
- Importance of being abstinent
- Food plans (how to develop one? What do YOU do? What different kinds or categories of food plans are there?)
- Technical – How to – Phone Meetings, Podcasts, etc.
- Doing the 4<sup>th</sup> step – different ways to do it
- The Tools
- Welcome Home
- Have a list of people and contact information – people who are willing to take new sponsee or willing to consider taking someone as a sponsee
- Relationship to Higher Power and OA
- 12 Steps and 12 Traditions of OA
- Exploring education to use for abstinence