

PARTICIPANT SATISFACTION

We sampled **224** REBOOT course participants, **all** who had completed our 12-week trauma healing course.

100%

Felt **welcome** at REBOOT sessions

99%

Felt faith/spirituality was **respected**

98%

Would **recommend** the course

87%

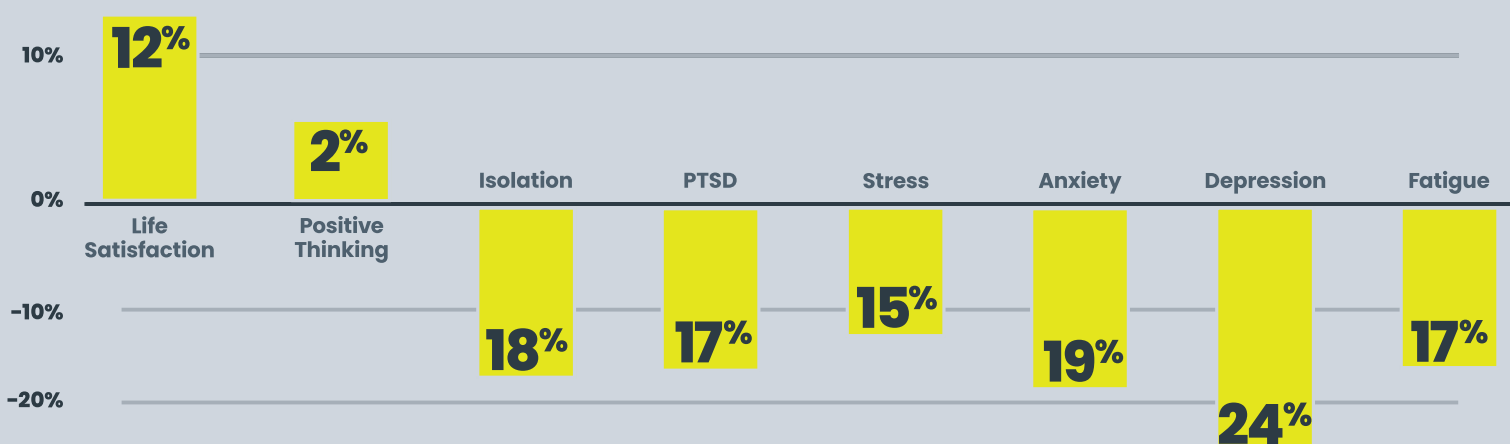
Would reach out to another group member for **support**

42%

Would like to train to become a **leader**

QUALITY OF LIFE IMPROVEMENTS

Statistically significant improvement across all measured outcomes: **anxiety**, **depression**, **fatigue**, **PTSD**, **stress**, **isolation**, **life satisfaction**, and **positive thinking**.



WHO ATTENDS OUR COURSES?

72% female

28% male

COURSE PARTICIPANTS

