

Rebuilding Seminars Graduate Survey

Updated by Bob 9Jun26

This survey is for graduates of Rebuilding Seminars. Your honest answers help Bob improve the program and continue supporting you after graduation. It takes about 5 minutes.

Section 1: Life After Rebuilding

How graduates are doing now compared to when they started

Q1 [Rating Scale (1-5) -- Required]

Overall, how would you describe your life today compared to when you started Rebuilding?

- 1 = Much harder
- 2
- 3 = Much the same
- 4
- 5 = Much better

Notes: _____

Q2 [Checkboxes / Check All That Apply -- Required]

Which areas have improved most since you completed the program?

- Emotional stability
- Clarity about my future
- Co-parenting or family relationships
- Dating and new relationships
- Self-confidence
- Friendships and social life
- Career or finances
- None yet / still working on it

Notes: _____

Q3 [Open Text -- Optional]

What's one thing in your life right now that you're still navigating that Rebuilding didn't fully prepare you for?

Notes: _____

Q4 [Rating Scale (1-5) -- Required]

How well did Rebuilding prepare you for life after the program ended?

- 1 = Not at all prepared
- 2
- 3
- 4
- 5 = Extremely well prepared

Notes: _____

Section 2: The Graduate Community

The Meetup group and Facebook community for graduates

Q5[new] [Multiple Choice -- Required]

Are you a member of the private Meetup Group for Rebuilding graduates?

- Yes, I participate in RB Grad events
- Yes, I check it but rarely attend RB Grad events
- Yes, I joined but rarely check it
- No, I didn't know it existed
- No, I chose not to join

Notes: _____

Q6 Are you a member of the private Facebook community for Rebuilding graduates? • Yes, I'm active in it

- Yes, I joined but rarely check it
- No, I didn't know it existed
- No, I chose not to join

Notes: _____

Q10b [Open Text -- Optional]

Is there an activity or experience you wish existed for the Rebuilding community that Bob hasn't offered yet?

Notes: _____

Section 3: What You Still Need

What additional support would help graduates keep growing

Q11 [Checkboxes / Check All That Apply -- Optional]

Beyond the Facebook community and RB Grad Events, what else would help you continue growing?

- One-on-one coaching or support from Bob
- A follow-up workshop or "Rebuilding 2.0" program
- Reading materials or resources to continue the work
- Nothing -- I feel well-equipped
- Other (please specify)

Notes: _____

Q12 [Multiple Choice -- Optional]

If Bob offered a deeper follow-up program for graduates, what format would interest you?

- Weekend retreat
- Weekly online sessions
- Self-paced online course
- I wouldn't need it

Notes: _____

Q13 [Open Text -- Optional]

Is there something you wish Bob had said to you on graduation day that he didn't? Notes: _____

Section 4: Referrals

Referral behavior, barriers, and what would increase word-of-mouth

Q14 [Multiple Choice -- Required]

Have you ever mentioned Rebuilding Seminars to someone who was going through a separation or divorce?

- Yes, and they signed up
- Yes, but they didn't sign up
- Yes, I mentioned it, but I wasn't sure how to explain it
- I thought about it but didn't say anything
- No, it hasn't come up

Notes: _____

Q15 [Checkboxes / Check All That Apply -- Optional]

Display logic: Show only if Q14 = "I thought about it but didn't say anything"

What held you back from recommending it?

- I wasn't sure how they'd react
- I wasn't sure it would be right for them
- I didn't want to seem like I was pushing something
- I wasn't sure how to explain what it is
- I was worried about my own privacy (they'd know I went through divorce)
- Other

Notes: _____

Q16 [Open Text -- Optional]

When you've described Rebuilding to someone curious about it, what do you usually say? Notes: _____

Q17 [Rating Scale (0-10) -- Required]

How likely are you to recommend Rebuilding to someone going through a divorce or separation in the next year?

- 0 = Not at all likely
- 10 = Extremely likely

Notes: _____

Q18 [Open Text -- Required]

What's the main reason for your score?

Notes: _____

Q19 [Checkboxes / Check All That Apply -- Optional]

What would make you MORE likely to refer someone to Rebuilding?

- A short video I could send them so I don't have to explain it myself
- A one-page description of what the program is
- Knowing Bob had a way to follow up with them directly
- A scholarship or reduced-fee option I could mention
- Being able to tell them it's available online or in more locations
- Confidence that they'd be welcomed no matter where they are emotionally

Notes: _____

Q20 [Open Text -- Optional]

Is there anything about Rebuilding that you hesitate to mention when recommending it? Be honest -- this helps Bob improve.

Notes: _____

Section 5: The Program Itself

What was most valuable and how graduates heard about Rebuilding

Q21 [Open Text -- Optional]

What was the single most valuable thing you got from Rebuilding?

Notes: _____

Q21b [Multiple Choice - Required] (NEW, Bob, 2026-07-05)

Please rate the value of the Rebuilding Seminar, social activities, and the included Graduate Community versus the price.

- Poor value
- Moderate value
- Good value
- High value

Notes:

Q22 [Multiple Choice -- Optional]

How did you hear about Rebuilding originally?

- Friend or family member
- Therapist or counselor
- Church or faith community
- Online search
- Social media
- Divorce attorney or mediator
- Other

Notes: _____

Q23 [Rating Scale (1-5) -- Optional]

How confident do you feel recommending Rebuilding to someone who is not religious or spiritual? • 1 = Not confident at all

- 2
- 3
- 4
- 5 = Very confident

Notes: _____

Closing message (shown after submission):

"Thank you for taking the time to share this. Your answers directly shape how Bob supports graduates and grows the Rebuilding community."