



CONSERVATIVE CONGREGATIONAL

CHRISTIAN CONFERENCE

4C's Covenant Cohort Feedback

Mission of Grace Church

Self-Awareness Cohort, Retreat #3

October 16-17, 2026
Westborough, MA

The purpose of this covenant cohort is to help you as a Christian leader, under the guidance of the Holy Spirit, understand what you are thinking or feeling at any moment, what others are thinking or feeling in that same moment, and how your chosen words and actions affect theirs.

Please circle for each: 1 = Yes!! 2 = Yes 3 = Sort of yes 4 = No

I had a good experience during this retreat	1	2	3	4
I developed a sense of collegiality with the others in the cohort	1	2	3	4
I learned from the others in the cohort	1	2	3	4
I feel like my input contributed to others in the cohort	1	2	3	4
The times of prayer were meaningful	1	2	3	4
The coach listened to me clearly in our 1-1 sessions (*)	1	2	3	4
The coach facilitated the group session well	1	2	3	4
I have become more aware of various factors regarding my self-awareness (*)	1	2	3	4
The coach helped me identify and work through issues I identified. (*)	1	2	3	4
The coach helped me to develop clear action steps. (*)	1	2	3	4
The coach helped me be accountable to complete the action steps I developed (*)	1	2	3	4
I sense God's hand in my life as a result of participating in this cohort	1	2	3	4
I would recommend participating in a covenant cohort to others	1	2	3	4

(over)

What did you appreciate about this retreat?

"How we have made an environment to be vulnerable and help each other as a Body of Christ."

"Congeniality. Comradely, Community, Connection."

"This retreat felt as though we've all become more open, honest, and vulnerable with each other."

"My relationship with my brothers is growing relationally and spiritually. God is showing/manifesting more of Himself in my understanding of the Trinity (relational perfection is my becoming as His child. Pastor Kimberly has cultivated an atmosphere of trust and openness that has been quite surprising and welcome."

"The hospitality and congeniality."

What suggestions do you have for future retreats?

"Would like some more Bible teaching - also in an outdoor setting."

"More time."

"Everyone to be on time."

"I like the idea of inviting a spectator to attend (Moses). They don't have to participate."

"More time."

What other comments would you like to make?

"This has impacted my life to be more self-aware and to learn to surrender to God."

"Blessed to be a part of this group."

"Maybe Pastor Kimberly could plan to be here the evening before our retreat if that would be more helpful for getting rest before coaching the cohort."

"None at this time."