# Sabbatical Reflection and Report Back Form (1)

Information to share with others undertaking Sabbaticals

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| Name: |  | |
| Circuit: |  | |
| Address (inc. postcode): |  | |
| Telephone: |  | |
| Email: |  | |
|  |  |  |
| **The following information may be shared with others preparing their sabbaticals, and some reports may be used on the District website. Please indicate if you would prefer your report not be placed on the website. Please be factual and give addresses/web sites where possible.** | | |
| What was the general aim of your sabbatical? | | |
|  | | |
| How did you go about planning your activities? | | |
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| Describe what you did on your Sabbatical? | | |
| Were there any particularly memorable experiences you would like to share? | | |
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| What did you gain from your Sabbatical? | | |
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| How did you find the transition back into working? Was there anything you or the Circuit did that was helpful in this respect? | | |
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| Have you been asked to share your experiences with your local churches or circuit? | | |
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| Is there anything else you would like to share with others taking their Sabbatical? | | |
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| Are there any resources that you found helpful? *Please be specific with addresses/websites as appropriate or attach seperately* | | |
|  | | |
| Please provide consent for this report to be shared for the benefit of the District and those seeking to take a Sabbatical (if you choose to remain anonymous, please indicate this) | | |
| Yes/No |  |  |
| Signed: |  | |
| Print name: |  | |
| Date: |  | |

Please return this form to the District Sabbaticals secretary via [admin@methodistlondon.org.uk](mailto:admin@methodistlondon.org.uk) within 1 month of your return from Sabbatical.

# Sabbatical Reflection and Report Back Form 2

Information to share with the District Sabbaticals group only

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| Name: |  | |
| Circuit: |  | |
| Address (inc. postcode): |  | |
| Telephone: |  | |
| Email: |  | |
|  |  |  |
| Did you find your Sabbatical experience a positive experience? Please explain? | | |
|  | | |
| Did you Circuit respond positively to your Sabbatical? Were any issues raised that concerned you? | | |
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| Did you encounter any difficulties in planning or taking your Sabbatical? | | |
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| Did you manage to distance yourself from ‘work’, both physically and mentally while you were on Sabbatical? If not, what were the issues that made this difficult? | | |
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| Did you manage to ease gradually back into work or did you have to ‘hit the ground running’? | | |
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| How had your churches and circuit coped in your absence? | | |
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| What are your thoughts on the Sabbatical process as a whole and your experiences in particular? | | |
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| Would you have benefitted from a discussion with a member of the District Sabbaticals Group about the resources available/example idea for Sabbaticals? | | |
|  | | |
| Is there anything the District Sabbaticals Group could do to improve the process or offer more support? | | |
|  | | |

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