

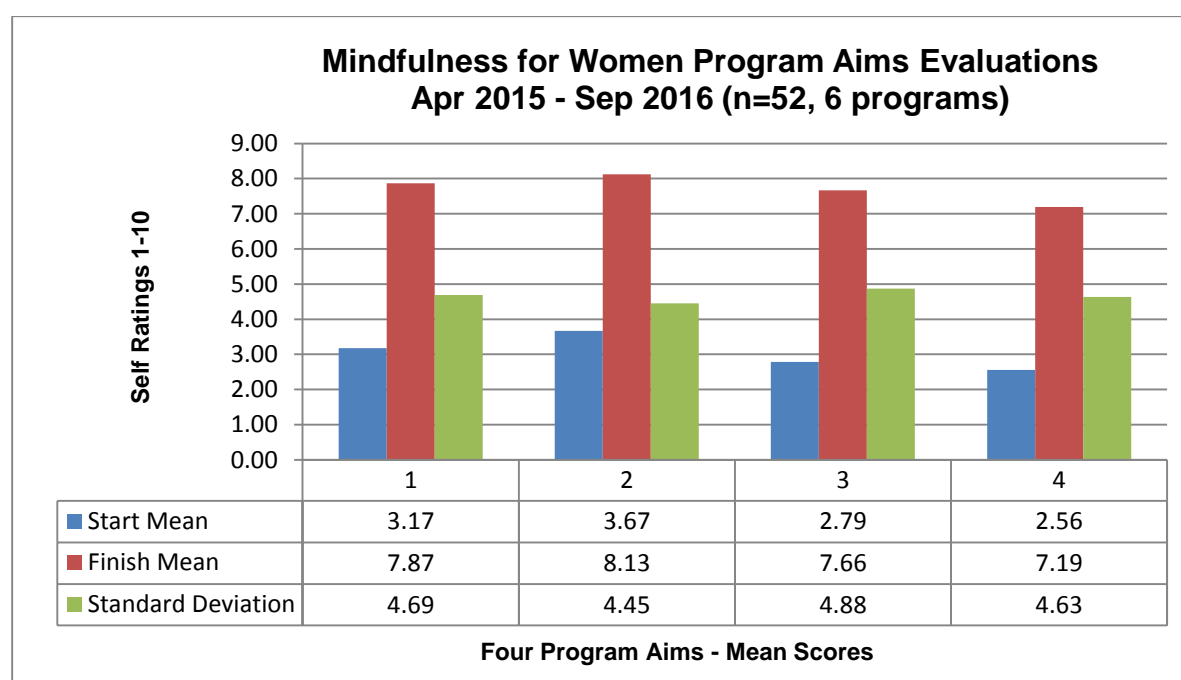
PROGRAM EVALUATION INTRODUCTION to MINDFULNESS for WOMEN WORKSHOP



This is a four-week program (two & a half hours per week) for women to learn an easy way of paying attention that may help them cope with everyday life or deal with the tough times. The program was developed by our previous Health Promotion Worker, Maureen Connor, a certified Mindfulness Practitioner and updated by subsequent Centre staff. Either our Health Promotion Worker or Generalist Counsellor facilitate the workshop.

Mindfulness is described as a state of focused attention. Inspired by the Buddhist practice of mindful meditation, the benefits of cultivating attuned awareness are now widely endorsed not only for spiritual practice but for general health and well-being. A mindful approach to experience fosters inner coherence and integration, and is currently encouraged by diverse schools of psychotherapy (ASCA Practice Guidelines for Treatment of Complex Trauma & Trauma Informed Care & Service Delivery, 2012).

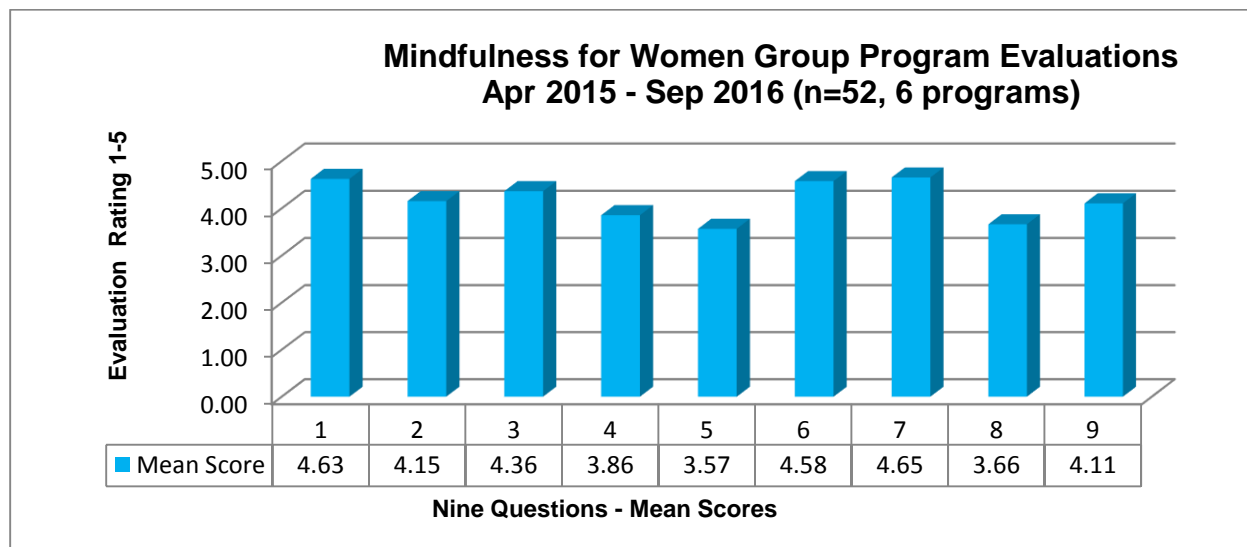
Evidence now shows that mindfulness can help to relieve stress, provide relaxation, improve sleep, manage depression/anxiety, decrease feelings of anger/moodiness, improve memory, learn more easily, solve problems more easily, increase happiness, improve emotional stability, improve breathing, reduce heart rate, improve circulation, improve immunity and assist with coping with pain.



Quest #	Question
1	Understanding how mindfulness works
2	Knowledge of benefits of mindfulness
3	Ability to feel sense of relaxation/calmness during practice
4	Level confidence to implement mindfulness

Clearly the program aims were met. Participant's ratings at the start of the program ranged from 2.56 to 3.67 with the final ratings ranging from 7.19 up to 8.13 (out of 10). The greatest

area of reported change (4.88) was in participant's perceived ability to feel a sense of relaxation/calmness during mindfulness practice.



Quest #	Question
1	Appropriateness of group program content
2	Degree of comfort discussing feelings & experiences
3	Level of coping with situation/issue
4	Ability to make positive changes in life
5	Degree to which life has improved
6	Overall satisfaction with group experience
7	Likelihood to recommend group to others
8	Degree of connection with others in community
9	Ability to access support in future

The evaluation of the program was very positive with scores ranging from 3.57 up to 4.65 (out of 5). Degree to which life has improved was the lowest rating (3.57). Likelihood to recommend group to others rated the highest (4.65).

MINDFULNESS WORKSHOP EVALUATIONS (Summary Examples)	
<i>How have you benefited from your group experience?</i>	
Category	Examples
Increased knowledge & skills	<ul style="list-style-type: none"> Have the tools to help myself become mindful. Learnt to accept. Knowledge! Participation & exercises. Mindful breathing, visualisation exercises (leaves). More confident in trying new things.
Importance of self-care	<ul style="list-style-type: none"> I have become kinder to myself (more aware of negative self-talk), and more able to de-rail negative thoughts. Stop & take time for self more - more of practice what you preach idea. More able to be self compassionate. Finding self compassion & acceptance.
Increased awareness	<ul style="list-style-type: none"> I am OK & doing well. Be supportive of those who aren't.
Peer Support	<ul style="list-style-type: none"> Meeting nice group of people. Lovely being around lovely women. Good to hear others stories & find out we often have a lot in common. Great to meet other people with varying problems - felt empathy, & felt blessed in my own life.

	<ul style="list-style-type: none"> • Meeting other women. • The human experience.
What were the most important things you learnt from your group participation?	
Category	Examples
Mindfulness as a discipline	<ul style="list-style-type: none"> • The importance of practising mindfulness so it can be called on in stressful situations. • How easily the concept can be put into practice. • Learning to be mindful on a regular basis. •
Increased skills	<ul style="list-style-type: none"> • How to deal better with testing situations. • Feel more comfortable to speak in public. • Learning self compassion.
Increased awareness	<ul style="list-style-type: none"> • Sharing, understanding, tolerance. • Listening to others, expressing compassion. • To be non-judgemental of self criticism.
What was the most difficult part of the group for you?	
Category	Examples
Fear	<ul style="list-style-type: none"> • Just coming on the first day, apprehension. • Speaking about myself in front of a group of other people. • Public speaking.
Implementing mindfulness practice	<ul style="list-style-type: none"> • Being patient in learning mindfulness & putting into practice. • Sometimes, concentrating was hard. • Feeling body sensations. • Keeping quiet! (I am learning to listen better). • The need to sometimes address the major issues/feelings/physical pain. • Learning the actual practice of mindfulness.
Was there something else that would have been beneficial for you?	
Category	Examples
Additional resources	<ul style="list-style-type: none"> • Maybe more CD's or paperwork/resources to take home at the end. • More ideas of mindfulness activities eg. colouring in for adults.
Additional sessions	<ul style="list-style-type: none"> • A longer course 6 weeks, not ready to go after 4. • Longer course.
Additional comments	
<ul style="list-style-type: none"> • Wonderful facilitator!!! Beautiful group. • 	