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### **Mindfulness in the Workplace Training with Waypoints Youth—Fall 2019**

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Ten youths between the ages of 18 and 25, with barriers to employment, participated in a five-week “Mindfulness in the Workplace” program (1-hr. sessions) at Waypoints in St. John’s, NL from September 11 to October 9, 2019. An 11-statement questionnaire was administered at the first and last sessions. Seven youths completed both pre and post evaluations. Participants signed consent forms agreeing that their comments could be included anonymously in a report and in promotional materials.

The most significant self-reported changes, pre to post, for the group as a whole occurred in the following statements. A higher score indicates greater mindfulness.

1=Strongly Agree; 2=Agree; 3=Neither Agree Nor Disagree; 4=Disagree; 5=Strongly Disagree

<b>Evaluation statement</b>	<b>Aggregate score change, pre to post</b>	<b>Percentage change</b>
When I do something that doesn’t meet my expectations, I give myself a hard time.	10 – 16	60%
When my thoughts overtake me and I feel worried, I don’t know how to pause or interrupt this pattern.	16 – 23	44%
I am easily distracted.	16 – 22	37.5%
I am often preoccupied, and miss what is going on around me.	20 - 26	30%
When someone is talking, I have trouble putting my own thoughts aside and giving them my full attention.	22 – 27	23%

The item with the highest change (1) suggests increased self-acceptance. The statement with the next-highest change (2) indicates knowledge of how to deal with racing thoughts and worry. Responses to statement (3) point to a decrease in distractibility; (4) suggest greater present-moment awareness, and (5) a greater ability to mindfully listen to others.

Further responses follow:

*Q: How helpful has this workshop series been for you? (0=not helpful; 10=extremely helpful)*

10, 8, 5, 7, 8, 10, 8. Average: 8

*Specifically, how does your study and practice of mindfulness help during the workday?*

- “It has helped me relax more.”
- “It is like going for a walk or to the gym. It makes me feel good. I have a hard time focusing sometimes so I try to remember to be mindful and practice every day so I get a habit.”
- “Did not get time.”
- “If you’re having a stressful day at work, doing some mindfulness while you’re on break is a good way to cool down.”
- “I will use it to allow myself to more efficiently complete tasks that I am assigned to do!”
- “It helps me realize that not all thoughts are necessary to say, and it’s helped me become more aware when I’m in situations where I need to pay attention.”
- “I can see this being a stress relief in high-pressure and frantic situations.”

*What are some of the main points about mindfulness that resonate for you and your everyday life?*

- “Slowing down my thoughts.”
- “Being able to maintain mindfulness and accept it into your life.”
- “Everything.”
- “The idea of letting go and being relaxed resonates with me.”
- “I think too much and mindfulness can help me relax and focus on the now, instead of letting my thoughts jump around.”
- “The more I practice mindfulness, the more it feels like my body and mind are becoming more aligned and in sync.”
- “The idea of understanding something I may never understand.”
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*Do you think your colleagues could benefit from learning about Workplace Mindfulness?*

- Yes.....6
- No.....0
- Illegible...1

Note: This was the second 5-week “Mindfulness in the Workplace” workshop series with Waypoints youth (see February 12, 2019 Report – [SaferMindfulness.com/outcomes/](http://SaferMindfulness.com/outcomes/)).