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Mindfulness Training for a Canadian Health Organization Evaluation Report

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Fourteen managers at a regional health authority received Mindfulness Training over four weeks in the Fall of 2021. The one-hour weekly sessions were conducted between October 13 and November 24, during which time a major challenge occurred in the workplace, requiring some rescheduling.

The group comprised 13 females and one male. Andrew Safer of Safer Mindfulness Inc. delivered the training.

The sessions focused on:

- Introduction to Mindfulness
- Stress
- Mindfulness in Everyday Life
- Decision Making and Respectful Communication (Mindful Listening)

They were held on Zoom. All participants agreed to confidentiality, and therefore the sessions were not recorded.

A copy of the book, *Anxiety, Stress & Mindfulness: A Do-It-Yourself Guide to Wellness* by Andrew Safer, was given to each participant, and chapters were assigned to amplify the material presented.

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The sessions included: check-in, guided mindfulness practice, Q&A, presentation on a theme, discussion, and assignment. In between sessions, links to relevant articles were supplied.

In light of the major challenge in the workplace, a one-hour “emergency session” was offered on an optional basis to connect mindfulness practice with the difficulties participants were facing at work. Six participants attended for the full hour.

The evaluation form, completed at the last session, consisted of five questions. While several participants had computer issues in accessing the web-based forms, six participants were able to complete the forms. Their responses are listed below.

1. What was your experience of the Mindfulness Training?

Excellent. Very valuable.	
Good. It gave me insight.	
This was a positive experience and something I was looking forward to.	
Excellent. Really enjoyed it.	
The training was positive in a supportive environment; providing me new tips and resources on my meditation journey.	
I found the training very beneficial. It not only created awareness, but also a recognition of the control we do have in our state of mind.	

2. If you feel you have benefited, please explain how.

Helps me remain calm especially during stressful situations.
Yes, it gave me tools to help me in work and in my daily life.
I feel it has decreased the level of anxiety I feel.
Relaxing to take time to be present. Growth in ways to improve listening, I hope.
1. Reminder to practice. 2. Supportive group practice sessions 3. Tips on walking, sitting, and everyday life 4. Finding the gap, nonjudgment, resting my mind 5. Wellness book
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(Cont’d,)

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3. If you can provide an example (or two) of benefit, please do.

Computer outage at work. Interacting with staff.
The breathing and in the moment.
1. My mind is often racing as I go to sleep; mindfulness has helped me deal with this. I fall asleep faster or if I wake up and my mind is racing, I can go back to sleep much quicker. 2. I felt also anxious at work around group tension – I have used mindfulness to let go quicker of things I cannot control.
Improve listening. Relaxing, helps with sleeping.
See above.
Following the training, when I was feeling very overwhelmed, I used mindfulness exercises and really changed my experience of the stress and my overall well-being.

4. Would you recommend the Mindfulness Training to your colleagues?

Yes: 6 No: 0

5. Would you please rate the Mindfulness Training?

(Subpar=0; Excellent=10)

10
9
9
9
10
10
Average: 9.5

The individuals who completed the evaluations indicated that they had engaged with the Mindfulness Training, noting that it had helped with stress, anxiety, overwhelm, and sleep issues. They also cited positive attributes including awareness, calm, insight, letting go of things beyond their control, listening, relaxing, being present, new tips and resources, and non-judgment.