

Andrew Safer  
Safer Mindfulness Inc.  
Mindfulness Instruction & Training – Workshop Facilitation  
58 Pennywell Rd. St. John's, NL A1C 2K9  
[andrew@safermindfulness.com](mailto:andrew@safermindfulness.com)  
[www.safermindfulness.com](http://www.safermindfulness.com)  
(709) 722-2716

## **Mindfulness Training Workshop Series: Evaluation Report**

July 14, 2023

Pottle Centre  
805 Water Street  
St. John's, NL

Attention: Leanne Lewis & Kelly Hunt

Participants completed a quantitative evaluation at the first session, and both quantitative and qualitative evaluations at the last session, six weeks later.

The quantitative consists of 18 negatively worded statements about which the participants indicated their agreement or disagreement.

Personal codes were used in lieu of names, which enabled us to pair pre and post responses to the same participant.

Two individuals responded in the pre-evaluation with very high scores indicating strong disagreement with the negative evaluation statements, leaving very little room for improvement in the post evaluation. These entry scores are higher than any I have seen in the 10 years I have been administering this evaluation, causing me to wonder if these responses were realistic.

## Quantitative:

There was a total of four participants for whom we were able to match personal codes in both the pre and post quantitative evaluations (time 1 and time 2). The personal code was missing on one evaluation. Besides the two referenced above, the other two participants showed significant gains: **+45% and +38%**, when the total of the pre scores was compared to the post scores. There were strong improvements in response to a number of statements. Some of these are shown below. *Note: The higher numbers are positive.*

Evaluation Statement	Change from Pre to Post	
	Pre	Post
Staying in the present hurts so much that I prefer to run away from what is unpleasant.	N/A	4
I feel like I am alone in the world	1	2
I have difficulty accepting things as they are.	N/A	4
I have difficulty dealing with troubling emotions	1	2

One participant scored lower on three statements:

Evaluation Statement	Pre	Post
	This pattern of not being fully present in my immediate experience is normal for me.	2
The voice in my head can make me feel anxious and I don't know how to pause or interrupt this pattern.	3	2
I feel like I have no control over my thoughts, moods, and feelings.	4	1

The second participant showed many incremental improvements. Some are shown below.

When I start thinking about something that concerns me, I can't get it out of my mind.	Pre 2	Post 3
I don't believe I can make a difference in my life.	3	4
I don't have confidence in my ability to deal with the stressful things that happen to me.	2	3
I feel like I am alone in the world.	3	4
I go around most of the time without paying attention to my surroundings.	3	5

There was one stunning change:

I don't tend to be kind to myself.	Pre 1	Post 4
------------------------------------	----------	-----------

This participant did not score lower on any of the statements in the post evaluation.

### Qualitative:

Participants wrote out their responses to nine questions (see attached). Their comments about mindfulness include:

- Learned to focus and declutter my mind, which has helped me unclutter things in my home.
- Helped me to calm myself and my emotions
- It goes hand in hand with both my home life and socially active existence
- It goes with my stress-free existence
- All of the practices are helpful, by doing the exercises.
- Sitting in the chair makes me relaxed and attentive to that moment.
- Been a lot helpful with overthinking my thoughts.

How helpful has this workshop series been for you? (0= not helpful; 10=extremely helpful)	Average of 4 participants: <b>9.75</b>
Do you think other people could benefit from learning about mindfulness—both meditation and the other practices?	All four said Yes.

Do you have any suggestions on how this workshop series could be improved?	The only suggestion was: More people showing up.
--	---

Thank You!