

**VS** VICTIMS &  
SURVIVORS  
SERVICE 8 week MBSR course evaluation

Date: 28.3.19.

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 **10**

**2. Please say why you have given it this rating**

It has really helped me to relax and use my time more effectively.

**3. What was most meaningful?**

Body scan

**4. What was most difficult or challenging?**

unpleasant experience

**5. What would you have liked to be different?**

Nothing found course really useful.

**6. Anything you'd like me to be aware of?**

Being careful of individuals who may have trauma history. Being able to hold this ethically.

**7. Any additional comments:**

Very useful, informative course.

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! © X

Danielle?

Date: 28/03/19.

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 **10**

**2. Please say why you have given it this rating**

Really enjoy this course

**3. What was most meaningful?**

Mindful practises . Body Scan  
50-50  
10 Fingers of Gratitude .

**4. What was most difficult or challenging?**

Finding time to take part in the exercises during the week .

**5. What would you have liked to be different?**

N/A .

**6. Anything you'd like me to be aware of?**

N/A .

**7. Any additional comments:**

Very interesting course  
Mindfulness is now part of my daily routine .

Thank you .

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

Rachel

Date:

27/3/19

Don

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 **9** 10

**2. Please say why you have given it this rating**

Content and delivery by Bridjeen

**3. What was most meaningful?**

Exercises

**4. What was most difficult or challenging?**

Nothing

**5. What would you have liked to be different?**

Just about right

**6. Anything you'd like me to be aware of?**

Nothing

**7. Any additional comments:**

Enjoyed the course, Bridjeen was very knowledgeable and helpful.

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! © X

Date: 28/3/19 .

Dreen?

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 10

**2. Please say why you have given it this rating**

It has been helpful in my day to day life .

**3. What was most meaningful?**

Learning to notice things and to be thankful + grateful.

**4. What was most difficult or challenging?**

Having time at home to do the body scans.

**5. What would you have liked to be different?**

Nothing.

**6. Anything you'd like me to be aware of?**

NO

**7. Any additional comments:**

NO .

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

Date:

Jill

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 **9** 10

**2. Please say why you have given it this rating**

Made a difference in my day to day life

**3. What was most meaningful?**

Tutor was fully dedicated to the course and because she put so much effort in made it easier to complete the course.

**4. What was most difficult or challenging?**

To commit to 8 weeks

**5. What would you have liked to be different?**

**6. Anything you'd like me to be aware of?**

Tutor informed us of how beneficial her retreat in week 6 is and we were unable to complete this.

**7. Any additional comments:**

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

Date: \_\_\_\_\_

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 **10**

**2. Please say why you have given it this rating**

I have got great personal benefit from the course

**3. What was most meaningful?**

Learning simple techniques that can be used in daily life.

**4. What was most difficult or challenging?**

Switching off from everyday life

**5. What would you have liked to be different?**

More comfortable seats 😊

**6. Anything you'd like me to be aware of?**

Keep doing what you are doing

**7. Any additional comments:**

Very enjoyable course  
Very well organised. — Plenty of course materials

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

Alan — Millsborough

THANK YOU! 😊 X

Date:

1. How helpful was the course for you?

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 **10**

2. Please say why you have given it this rating

First class - good content and structure

Bridgwen embodies the practice, good role model.

3. What was most meaningful?

Taking back control

Stress reduction

Mastery of feelings - personal leadership development

4. What was most difficult or challenging?

Attending to weekly practice is a challenge, starting a new habit.

5. What would you have liked to be different?

Nothing, it was all great as it was.

6. Anything you'd like me to be aware of?

How great you are!

I'd like to keep an eye on your website for other opportunities e.g. retreats.

7. Any additional comments:

We really enjoyed the 8 week course.

You are very knowledgeable and your delivery is excellent. I love your singing! The poetry and stories were helpful. I love the folder. It's full of wisdom.

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

Margaret

Date:

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 **10**

**2. Please say why you have given it this rating**

*It made me focus on my own self care + routine*

**3. What was most meaningful?**

*The exercises + practices  
Tutor approach was excellent in reminding us  
to keep practice up.*

**4. What was most difficult or challenging?**

*Fitting work in with taking time out for course*

**5. What would you have liked to be different?**

*Nothing.*

*Do right!*

**6. Anything you'd like me to be aware of?**

*A great experience*

**7. Any additional comments:**

*Thank you Bridget, very worthwhile life self care course  
All should do this course*

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X



Date:

1. How helpful was the course for you?

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 **10**

2. Please say why you have given it this rating

I have learnt everyday skills to carry on throughout.

3. What was most meaningful?

Most meaningful/useful was 3 step breathing space & responsive breathing. I will continue to use this.

4. What was most difficult or challenging?

Sitting meditation - found it more difficult to switch off.

5. What would you have liked to be different?

/

6. Anything you'd like me to be aware of?

On the 8wk course I wasn't but could have been with my own clients. I wouldn't have felt as comfortable to 'share' if that had been the case (Just to be aware.)

7. Any additional comments:

Thank you Bridget, really enjoyed the course. Take care.  
X.

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

Desley

Date:

1. How helpful was the course for you?

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 **10**

2. Please say why you have given it this rating

*I have learned so much*

3. What was most meaningful?

*How to breathe in a stressful situation*

4. What was most difficult or challenging?

*Doing the practises daily as finding the time was difficult*

5. What would you have liked to be different?

*Nothing.*

6. Anything you'd like me to be aware of?

*No, absolutely nothing.*

7. Any additional comments:

*Great delivery from Bridgen on 9A  
excellent course*

*Audrey*

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

Date: 26.03.19

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 **10**

**2. Please say why you have given it this rating**

WONDERFUL TOOL FOR EVERYDAY LIFE - SHOULD BE TAUGHT EVERYWHERE!

**3. What was most meaningful?**

GRATITUDE PRACTICE

**4. What was most difficult or challenging?**

SO: SO PRACTICE

**5. What would you have liked to be different?**

WISHED IT COULD BE LONGER...

**6. Anything you'd like me to be aware of?**

KEEP UP THE GOOD WORK!

**7. Any additional comments:**

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

VGRNA CARRICKFERGUS

Date:

26/3/19

1. How helpful was the course for you?

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 **10**

2. Please say why you have given it this rating

It has given me the chance to take  
time for myself - Self Compassion

3. What was most meaningful?

The body scan  
meditation  
gratitude

4. What was most difficult or challenging?

Self Compassion was difficult at the  
start but I am now enjoying this

5. What would you have liked to be different?

Nothing only for to continue the  
course for a few more months

6. Anything you'd like me to be aware of?

7. Any additional comments:

My health hasn't been great of recent  
& I have found that this course has  
really helped me. I feel I have benefited  
from the course & meeting Bridget

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

Dorothy Black

THANK YOU! ☺ X

Date: 26.3.19

1. How helpful was the course for you?

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1 2 3 4 5 6 7 8 9 **10**

2. Please say why you have given it this rating

Delivery of this course was engaging + interesting

3. What was most meaningful?

The meditations and interaction straight after

4. What was most difficult or challenging?

Body Scan -

5. What would you have liked to be different?

Length of body scan  
Too many homeworks :-)

6. Anything you'd like me to be aware of?

7. Any additional comments:

Thank you for your presence :)  
It really is a gift!

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

Angie Newtonobey

Date: 26/3/19

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 10

**2. Please say why you have given it this rating**

Very helpful as a reminder to be kind to myself and to self-care

**3. What was most meaningful?**

body scan (relaxation & awareness)

**4. What was most difficult or challenging?**

It was difficult to keep practicing at home and to complete 'tasks' in booklet.

**5. What would you have liked to be different?**

Maybe sharing ideas how we can adapt mindfulness to our clients' needs as we all work with clients who experienced trauma.

**6. Anything you'd like me to be aware of?**

Bridjeen, you were are very kind and attentive facilitator.

**7. Any additional comments:**

Thank you very much :-)

Anne  
Assal

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

Date: 26/3/19

**1. How helpful was the course for you?**

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1 2 3 4 5 6 7 **8** 9 10

**2. Please say why you have given it this rating**

would have been a 10 if I had of committed more

**3. What was most meaningful?**

All - enjoyed it very much. Good tools for the future. Mindful movements very enjoyable.

**4. What was most difficult or challenging?**

Restless at times, however this got easier

**5. What would you have liked to be different?**

Maybe more theory around practice as well as the practice.

**6. Anything you'd like me to be aware of?**

It was great to. You've a lovely way with you :-)

**7. Any additional comments:**



If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

Leanne  
Belfast.

THANK YOU! ☺ X

Date: 26/3/19

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 10

**2. Please say why you have given it this rating**

Really enjoyed the course which helped me build on my own practice.

**3. What was most meaningful?**

The chance to learn + share new techniques and perspectives

**4. What was most difficult or challenging?**

Remembering to write up practice as I do not like journaling.

**5. What would you have liked to be different?**

A variety of environments, outside, more movement.

**6. Anything you'd like me to be aware of?**

Teaching from the heart is an advantage.

**7. Any additional comments:**

Thank you for sharing your experiences, both in mindfulness + beyond.

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

Mark Muddles



Date: 26/3/19.

**1. How helpful was the course for you?**

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1 2 3 4 5 6 7 8 9 10

**2. Please say why you have given it this rating**

Great teaching, good content - I may have too much on for full benefit - but found it very helpful.

**3. What was most meaningful?**

Learning new techniques for becoming more mindful + letting go of thoughts.

**4. What was most difficult or challenging?**

Sitting with myself esp for home tasks.

**5. What would you have liked to be different?**

N/A

**6. Anything you'd like me to be aware of?**

Some times it felt we spent too much time discussing last weeks homework.

**7. Any additional comments:**

Def felt much better than when I began - more relaxed - has helped with managing stress + becoming more peaceful

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

Michelle.

THANK YOU! ☺ X

Date: 26/3/19.

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1 2 3 4 5 6 7 **8** 9 10

2. Please say why you have given it this rating

~~The morning~~ It was great to meet on a Tuesday morning and practise together in a group. Some of what we did I will continue, some (especially the longer

3. What was most meaningful?

meditations, I won't) practising together in a group. 3 step breathing space. mindful movement. Mindful showering. Body scan. Autobiography poem.

4. What was most difficult or challenging?

longer ~~and~~ sitting meditations.  
The Raisin.

5. What would you have liked to be different?

Not so long talking about what we did in the week.

6. Anything you'd like me to be aware of?

7. Any additional comments:

Thank you very much. I had no idea about mindfulness before and I will ~~take~~ use some of it.

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! © X

Date:

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 **9** 10

**2. Please say why you have given it this rating**

This course was enjoyable and helpful.

**3. What was most meaningful?**

Learning to meditate and take time for myself.

**4. What was most difficult or challenging?**

Fitting in all the home practice ~~was~~

**5. What would you have liked to be different?**

Can't think of anything.

**6. Anything you'd like me to be aware of?**

**7. Any additional comments:**

Angela  
Lee

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

Date:

1. How helpful was the course for you?

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 **8** 9 10

2. Please say why you have given it this rating

I found the course very beneficial  
to every day life and dealing with stressful situations.

3. What was most meaningful?

The connection & understanding  
of the group.

4. What was most difficult or challenging?

Finding time for home practice.

Rachel

5. What would you have liked to be different?

longer sessions

6. Anything you'd like me to be aware of?

7. Any additional comments:

Although advised in the first session if you are going through personal issues it maybe isn't a good time however I decided to continue with it and have found it very helpful in dealing with my natural feelings & thoughts throughout the past two months as I am having fertility issues and am awaiting IVF. Thankyou for this. I now let it be and

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live). **don't blame my self**

THANK YOU! © X

Date:

1. How helpful was the course for you?

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 (8) 9 10

2. Please say why you have given it this rating

Discovered new practices and also reinforced present ones.

3. What was most meaningful?

Group support.

4. What was most difficult or challenging?

Completing homework in a written form.

5. What would you have liked to be different?

All good.

6. Anything you'd like me to be aware of?

Enjoyable, genuine & refreshing course.

7. Any additional comments:

Really liked the reinforcement of being compassionate.

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

Mairiad Henry!

Date:

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 **10**

**2. Please say why you have given it this rating**

It was extremely helpful in all areas of my life where previously I was becoming stressed

**3. What was most meaningful?**

I enjoyed all of it but loved the body scan & benefited from it any day I used it

**4. What was most difficult or challenging?**

Getting there & finding the time each day to fit in what I needed to do.

**5. What would you have liked to be different?**

**6. Anything you'd like me to be aware of?**

**7. Any additional comments:**

I really enjoyed the experience & the company of like minded people & feel I have benefited greatly in all areas of my life -

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

Aime Hetherington  
THANK YOU! ☺ X

Especially personal life. Despite difficulties in one of my work places I have coped much better with mindfulness.

Date:

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 **10**

**2. Please say why you have given it this rating**

It has had a real impact on my day to day life + helped me in many ways.

**3. What was most meaningful?**

All the practices were meaningful + potentially life changing.

**4. What was most difficult or challenging?**

Daily/homework - there was A LOT to cover weekly + to be held accountable for.

**5. What would you have liked to be different?**

possibly less homework as it felt quite overwhelming but I understand there is a reason for this

**6. Anything you'd like me to be aware of?**

I think you're awesome!

**7. Any additional comments:**

I just loved the whole experience + would really love to continue + attend retreats etc.

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

THANK YOU! ☺ X

Ellen Schultz, Belfast.

Date:

**1. How helpful was the course for you?**

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1 2 3 4 5 6 7 8 9 **10**

**2. Please say why you have given it this rating**

It has made me realize how important little things in life are

**3. What was most meaningful?**

Being part of the group

**4. What was most difficult or challenging?**

Yoga

**5. What would you have liked to be different?**

Less noise coming from other rooms.

**6. Anything you'd like me to be aware of?**

No.

**7. Any additional comments:**

My wife sees changes in my attitude having participated in this course.

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

Stephen.

THANK YOU! ☺ X



Date:

**1. How helpful was the course for you?**

Please circle a number below where 1 means 'not at all helpful' and 10 means 'extremely helpful'.

1 2 3 4 5 6 7 8 9 **10**

**2. Please say why you have given it this rating**

*I have found it life changing*

**3. What was most meaningful?**

*Remembering to breathe!*

**4. What was most difficult or challenging?**

*Finding time to meditate*

**5. What would you have liked to be different?**

*Nothing*

**6. Anything you'd like me to be aware of?**

*No*

**7. Any additional comments:**

*Found it very beneficial and introduced me to a new way of life*

If you are happy for me to use your comments for future marketing of my courses, please write your name here (first name is fine and town/place you live).

*Hazel, Newtownards*

THANK YOU! ☺ X