

**8-week MBSR course evaluations – 7 November 2017**

10/10 – This course has helped me in more ways than I expected it to. It has helped me enjoy and appreciate the world around me, remain calm and in control in stressful situations and moments. It has improved my sleep and ability to tolerate pain. In fact I can now have a nights sleep pain free. Something I haven't had in a long, long time. A most valuable course. Thank you. Jacqueline, Carrickfergus.

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**8 week MBSR course evaluation** Date: 7/11/17

The intention of this form is help me improve future courses and understand what worked for you.

**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 has helped me in more ways than I expected it to. It has helped me enjoy and appreciate the world around me, remain calm + in control in stressful situations + moments, improve my sleep + ability to tolerate pain. In fact I can now have a nights sleep pain free. Something I have not had in a long time.

**3. What was most meaningful?**

Being guided each night in two separate practices + homework.

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

Initially having to stay still for a length of time, practice helped me overcome this.

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

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

see above

**7. Any additional comments:**

A most valuable course,  
Thank you xo

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

Jacqueline Carrickfergus

THANK YOU! ☺ X

10/10 – coming from a place of stress and not knowing about mindfulness the course is excellent. It was recommended to me – very glad I completed it. Loved the retreat day – it all came together for me then. Great location. You're a star! Seamus, Belfast

7/10 I found the course very useful learning mediation techniques and developing discipline. I know that there is more I need to do. To go deeper.

8/10 The course was helpful to keep me focused and to remind me to be present. Body scanning was challenging but perhaps the most needed.

8/10 – Simple techniques for life skills. Interesting mix of practice recording and discussion.

10/10 I am starting to find inner peace within myself. I wish we had more weeks left! Thank you very much.

10/10 – increase confidence in the power of simplicity. You get results very quickly. It was most meaningful to develop awareness of your own ability to able to bring change. Appreciation of the breath. Always with you.

10/10 – It's reduced my stress levels and taught me how to enjoy the present more. It was all brilliant. The course is great. Thank you so much.

10/10 Gained so much from this course a personal growth level. Perfect location. Perfect tutor. Perfect course. Sinead.

10/10 I have seen a massive improvement in myself and my life. My life is better. My kids say I'm nicer to be around. The course is brilliant. Thank you. Simon.

See below for photo of Simon's feedback I have files of feedback going back years! All of these comments are from real people living locally who's lives have been touched by this wonderful course 😊

SIMON

**8 week MBSR course evaluation**

Date: 07<sup>TH</sup> NOV 17

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I HAVE SEEN A MASSIVE IMPROVEMENT  
IN MYSELF + MY LIFE. LIFE IS BETTER.

**3. What was most meaningful?**

MY KIDS SAY IM NICER TO BE AROUND.

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

REALISING HOW I HAVE LET MY  
EMOTIONS + STRESS HEAR ME DOWN  
+ CONTROL MY LIFE TIMES.

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

NOTHING - THE COURSE TO KEEP  
GOING

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

NO - THE COURSE IS BEYOND.

**7. Any additional comments:**

THANK  
YOU