

Feedback Survey Results

Mindfulness 101: An overview of Mindfulness, brain science, and practice exercises.

- 22 workshop participants
- 50% completed feedback survey!
- Large reductions in before/after stress levels
- High degree of engagement and interest
- 82% of respondents are interested in learning more

Anonymous quotes from participants:

"I felt my stress level increasing and decreasing throughout the scenarios and really understood how awareness could help me manage stress."

"The quick techniques are very useful to apply right away!"

But people want more:

"More sessions or longer seminars, I was very interested in the material but the hour just flew by."

