

# Impact of a Mindfulness Course for Staff at Townley Grammar School, 2017

## Introduction

From April to July 2017 Dominic Morris facilitated a mindfulness course for staff at Townley Grammar School in Bexley. This consisted of eight sessions of ninety minutes plus a five-hour practice day on a Saturday. Participants were invited to listen to guided meditations at home.

There were eighteen participants, of whom four were on the School Senior Leadership Team. Eleven completed an anonymised online feedback form, two weeks after completion of the course. The results are summarised below.

They show a positive impact on perceived wellbeing, capacity to deal with stress, effectiveness at work and relationships.

## Overall Course Rating

When asked how they rated the course out of 10, the average score was 9, with the range from 7-10.

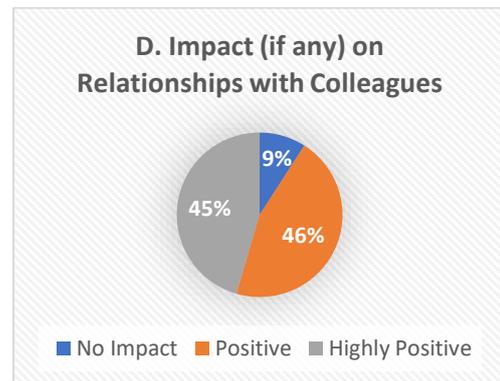
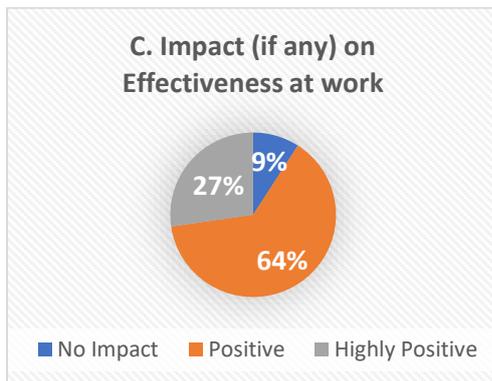
## Impact of the Course on Key Areas of Work & Life

Participants were asked to rate the impact of the course (ranging from Highly Negative to Highly Positive) on key aspects of their lives.

100% of participants reported a positive or highly positive impact on their overall wellbeing (See A) and their capacity to deal with stressors (B).

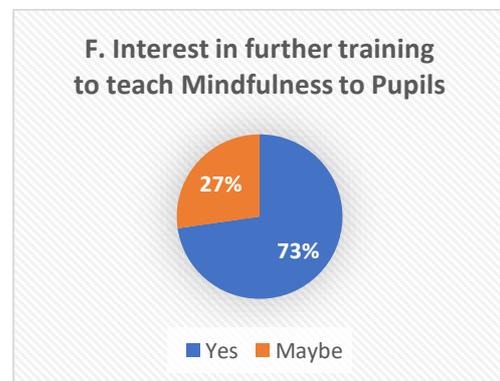
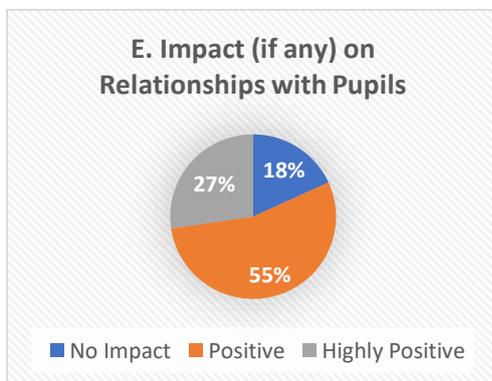


91% of participants reported a positive or highly positive impact on their Effectiveness at work (C) and their relationships with colleagues (D).



82% reported a positive or highly positive impact on their relationships with pupils (See E)

73% reported a desire to pass mindfulness onto pupils in the future, with 33% being unsure (see F).



### Comments from Participants

*"I found the combination of group sessions followed by reading was much better than either individually. The explanations of various phenomena were very useful"*

*"Each session was planned and delivered to a very good standard"*

*"Looking forward to doing more with colleagues and students"*

*"It was great to see everyone improve in their acceptance of mindfulness"*

*"Thoroughly enjoyed the course and the closeness I felt it gave me towards other members. Dominic is a very good teacher"*

*"A brilliant course that I would highly recommend"*

*"I enjoyed the course very much and Dominic made everyone feel welcome and part of the group"*

*"I found the retreat day surprisingly effective!"*