

SAIL Workshop Series Evaluation #3 Spring 2012

The third workshop series was held May 22-June 12, 2012. For this series, 6 women registered and 3 women attended the first session, 6 women the second session, 5 women the third session and 6 women the fourth session.

Evaluations were given to participants for each session.

Questions on the evaluations were

1. Please rate the content of the workshop and how relevant it is for you in your life now.
2. Please rate the process of the workshop and how safe and comfortable it was for you based on your feelings at the end.
3. Overall, what is your rating regarding the workshop as a whole?
4. Please give us any other comments to help improve your experience.

Poor, Fair, Good, Very Good, Excellent for each question.

Session 1: (3 evals returned)

Question 1: P0 F0 G1 VG0 E2

Question 2: P0 F0 G0 VG1 E2

Question 3: P0 F0 G0 VG 1 E2

Comments:

Starting to feel a release.

Nothing (to improve experience) – thank you for warm welcome and the caring and the information

Session 2: (4 evals returned)

Question 1: P0 F0 G0 VG 0 E4

Question 2: P0 F0 G1 VG 2 E 2

Question 3: P0 F0 G0 VG 1 E 3

Comments:

Learning how to get my control back and how to relax

Session 3: (5 evals returned)

Question 1: P 0 F 0 G0 VG 0 E 5

Question 2: P0 F0 G0 VG 3 E 2

Question 3: P0 F0 G0 VG 0 E 5

Comments:

Thank you for your kindness and support and for helping me.

Feeling the healing.

I had the experience of sharing my trauma (some anyway) and experienced my body releasing extreme cold through at least half of the evening. Thank you Lauren.

Session 4: (6 evals returned)

Question 1: P0 F0 G0 VG0 E6

Question 2: P0 F0 G0 VG3 E3

Question 3: P0 F0 G0 VG0 E6

Comments:

More time. Thank you Lauren for all the help and be here.

It is always healing for me to be heard and to be able to , free, to acknowledge the stress that I lived with and under for many years and am still recovering from and discovering that I am good at being by myself more and more and learning to accept myself and my gifts.

I am learning more and more with every class. I am getting stronger and more confident.