

CENTRE FOR INTEGRATIVE CARE
GLASGOW HOMOEOPATHIC HOSPITAL

WEL: WELLNESS ENHANCEMENT LEARNING PROGRAMME
DAY 4 : 6/5/09 – 17 of 19 returned forms (no postals yet)

	POOR	ADEQUATE	GOOD	EXCELLENT	OUTSTANDING
TODAY'S SESSION			3 (18%)	8 (47%)	6 (35%)
THE WHOLE PROGRAMME SO FAR			3 (18%)	7 (41%)	7 (41%)

TODAY'S SESSION GENERAL COMMENTS:

- Very helpful, has given me a good understanding of how I think and how I need to think in order to get better
- Great
- This was a very worthwhile part of the course. I understand it's only an introduction, which is good in a way, as real learning will come from our own experience
- Brilliant – a real teaching for life course
- Found it a bit difficult and feel I need time to absorb some of the concepts
- It was fantastic every week has helped me more
- Very good but a little bit too much to take in in one session. Would have liked to explore this element of the course further
- Takes a bit more digestion than previous sessions
- Huge amount of ideas – yet there were even more areas we could have explored. This course could easily be several weeks longer
- Very thorough and helpful
- Could do with longer time. Hard to take it all in
- Really useful, more for me (I think) before I had a "one on one" work session with David
- Somewhat overwhelming. Concerned how I will effectively take this forward on my own
- Inspiring.
- Very very good; sophisticated and well structured

ANY SUGGESTIONS FOR IMPROVEMENT?

- Smaller groups
- Another session on "thoughts"
- Dvd, audio etc. Also a greater analysis of how the interaction between emotional responses to stress/pressure and its/our place in the overall environment
- Additional sessions on this exercise
- I wish it could be longer with more regular after-course support. For example I did WEL 2 some months ago but am yet to have a follow-up. WEL 2 should have a regular meditation meet up group in the hospital

THE WHOLE COURSE GENERAL COMMENTS:

- Excellent
- Have found the course very good indeed. Understand the need for change and accept that it will take time
- More spiritual than I expected. Lots of commonsense. Type of "revelations" that seem obvious with hindsight, but need to be hammered home. Excellent!
- Excellent, well thought out
- Very much enjoyed it. Huge areas to cover in parts 3 & 4 – so much to take in. Some of the jargon "mindfulness", "movies", "consciousness" etc was difficult to follow on a constant basis
- Well structured and presented. Was very skeptical at the beginning but am beginning to see the benefits through practicing what was discussed during each session
- Thank you!
- Very thought provoking
- Feel grateful to participate and have learnt a lot, thank you
- I have enjoyed it and would love to come to the next one
- Gave me a great insight to my thinking processes and how to deal with them

- Overall a positive experience that will definitely help improve my quality of life
- This course was inspirational, motivating and very worthwhile. I am keen to support it in anyway I can. It's made a huge difference to my life and for the first time in many years I have hope for the future
- Support material is excellent so is David's explanations of these topics. Well done
- Fascinating and facilitated in a most vivid way – which is most helpful for the brain