



## Resilience & Wellbeing Webinar Series for Educators Pilot Feedback and Testimonials – May/June 2020

‘A member of my team commented that I looked refreshed after the session on stress/anxiety.’

*C Mitchell – PT Pupil Support Secondary, Stirling Council*

‘Really positive and thought-provoking programme. The course helped to promote reflection with respect to both personal and professional life. Now feel better equipped to think logically and make positive decisions for myself and others.’

*Murray Watson – DHT Secondary, Falkirk Council*

‘I have enjoyed this course and it has been worthwhile. I felt I already had good coping skills in relation to stress and anxiety but this had given me a different viewpoint and perspective. The biggest impact has been recognising the different realities that exist and even within the time space of 4 weeks I have seen quite a big impact. How I view a colleague or my daughters or my class has changed with that simple understanding, quite amazing. That realisation has led to the course also helping me realise my past and my future no longer have an influence on how I feel now, in the present. I am still concerned about Covid19 and returning to work in August but it's no longer having the same impact on my wellbeing. When the false logic arises the signposts are glaringly obvious (now) which allows curiosity and thought to jump in and put things back into a more logical perspective. Thank you so much for the insight and support’

*Janet Gentles – PT Primary, Clackmannanshire Council*

‘The whole idea about living in the present is beginning to resonate with me. I'm realising that I can't do anything about the past but I feel more hopeful about the future - watching the content of the videos definitely helps. I am a worrier, so I feel my focus now needs to be on worrying less about the future and trying to be more realistic about what I have the ability to change or direct. Also about having the patience, optimism (courage!) to realise that things might work out okay and the resilience to accept what might not... The course has made me think about my own ability to deal with challenging situations and has started to impact my personal and professional life in a positive way.’

*Lesley Creaney – PT Primary, West Lothian Council*

‘Life Changing!’

*Margaret Ramsay – PT Secondary, Stirling Council*

## **Other post-session feedback from pilot cohort (May-June 2020)**

'I would definitely recommend this course. As a past worrier I have learned ways to cope and now I try to live in the moment everyday which really does make a big difference to my mental health and wellbeing. Give it a try!'

'Thank you so much, this was really insightful and has helped me to revisit many aspects of my resilience and wellbeing....having not done some of this before, making me more aware of my inner self.'

'This is helpful to me because it helps me deal with a past event that was out with my control, but I still focus on it quite a lot now. I now understand that I am not bound by the past and this will help me move on!'

'Very helpful in the current climate and with recent news about returning to school. Allowed thinking about how I am currently feeling and how to perhaps deal with some of the challenging thinking/thoughts that lie ahead.'

'It has been a really fulfilling journey and I have learnt so much about personal resilience and it has changed my view of the world.'

## **Content and delivery feedback from pilot cohort (May-June 2020)**

'Such an interesting course that worked very well virtually via zoom. Hopefully how more things will be done post co-vid.'

'The presenters were amazing and engaging and materials are clear and informative.'

'A really well-structured course.'

'These sessions have a good balance of watching, listening and self-reflection. Taking a few minutes to be still and 'in the moment' was a good activity and made me realise how I was very aware of my environment but not myself.'

'Breakout rooms, clear and simple slides, good presenting style from all.'

'I thought the use of the zoom technology was amazing. Using the breakout rooms...so clever. Great also to meet people from different backgrounds, remits etc. I found all of it interesting.'

'Loved the sessions. Its pace allows you to think about it all.'