

# The story so far...

Learner	Personal Profile	How they use Mindfulness	Results So Far...
L	<p>Shy</p> <p>Self-critical</p> <p>Lacked confidence</p> <p>Traumatic childhood</p>	<p>Uses Mindfulness on a regular basis when she starts to struggle with things in her life</p> <p>Uses 'Home Base' breathing technique to help calm nerves when she sat a maths exam</p> <p>Has become more aware of her surroundings and is no longer lost in her thoughts</p>	<p>Embraced Mindfulness in everyday life</p> <p>Gained confidence</p> <p>Has more self-worth</p> <p>Speaks out in class</p> <p>Sees herself as a valued human-being</p>
A	<p>Friendly and outgoing</p> <p>Long history of being bullied at school</p>	<p>Uses Mindfulness at home when things become chaotic</p> <p>Meditates regularly</p> <p>Used Mindfulness to cope with a recent family tragedy</p>	<p>Embraced Mindfulness on a massive scale</p> <p>Able to do into very deep relaxation when meditating</p> <p>Applies Mindfulness regularly in everyday life</p> <p>Expresses his experiences</p> <p>Supports others to embrace Mindfulness</p>
J	<p>On medication for depression</p> <p>Negative thinking</p>	<p>Enjoyed exploring thoughts and feelings</p>	<p>Recognised that most of his thoughts are negative and is working on strategies to change this such as compassionate comebacks and lean-on-emotions</p>
K	<p>Quiet Shy</p> <p>Doesn't mix well but is quietly confident</p>	<p>Enjoyed every session</p> <p>Uses Mindfulness and breathing techniques at home to manage emotions</p>	<p>Able now to recognise when home stressors are engaging and action (breathing) needed to calm</p>
L	<p>Autistic</p> <p>Very quiet</p>	<p>Fully engaged with the sessions</p> <p>Listens deeply when discussing 'the loop' between thoughts, feelings, emotions and</p>	<p>Developed his personality</p> <p>Formed friendships</p>

	Friendly	physical sensations	Expresses himself more confidently Recognises when he is in 'the loop'
<b>C</b>	Very shy Quiet Lacks confidence Doesn't mix well with others for fear of being judged	Discovering that thoughts are just mental events has been enlightening for him Recognising that he has a choice over what to do with his thoughts	Mindfulness has made him happier Starting to free himself from negative thinking Improving self-worth
<b>K</b>	Overactive mind Lives in the future	Found meditation difficult but lying down has helped as it settles her mind Enjoyed exploring and identifying where she felt emotions in the body and what colour and shape they represent Recognised she lives in the future and wanting things to be different	Starting to notice the benefits of being in the here and now Calms and soothes when she is feeling anxious/fraught when facing decisions
<b>S</b>	Friendly Reserved in terms of emotions Looked-after child	Distracted during meditation and often fidgets	Trying to recognise that he finds it difficult to remain still and working on breathing to deal with this
<b>J</b>	Autistic Gets very frustrated if he doesn't understand something and demonstrates this physically	Embraced the meditation Very engaged in activities	Starting to understand the benefits of mindfulness, and with continued practice will build on this
<b>M</b>	Outgoing Friendly Confident Soon to be dad	Initially embarrassed and uncomfortable in sessions	Starting to understand the possibilities of self-regulation Can see the benefits of stress relief for his unborn baby and the possibilities of using Mindfulness when he/she is born as a coping mechanism for new parents

## Learner Attendance

Three of the learners requested they stay on beyond their traineeship time as they all said they were getting so much out of the course.

K asked if he could stay on until the mindfulness programme finished as he was enjoying it and getting lots from it.

L expressed how she has noticed changes within her and wanted to continue on the programme, as did C. Generally, we have noted improvements in overall group attendance since incorporating the programme as learners have started developing a deeper bond and connection with each other through their gentle exploration of themselves.

This has encouraged them to want to attend as it is a place of trust, understanding and support from each other that has really grown beautifully.

## Success stories

One particular learner A, has massively benefited from the integration of mindfulness within the traineeship programme. He has become a complete advocate of mindfulness not only for himself, but for many he comes into contact with. He has been willing to share his own success with it and this has encouraged his peers to explore it for themselves without the fear of being judged. He has helped to create a safe and supported class environment which has allowed the gentle unfolding of experiences, often personal, other times collective.

This has been wonderful to be part of. It has been a real privilege to see the learners' realisation of the possibility of being able to work with their thoughts and feelings when they never knew this was possible. Having explored this within the sessions, they have then realised the benefits of this and the freedom this brings to their lives.

