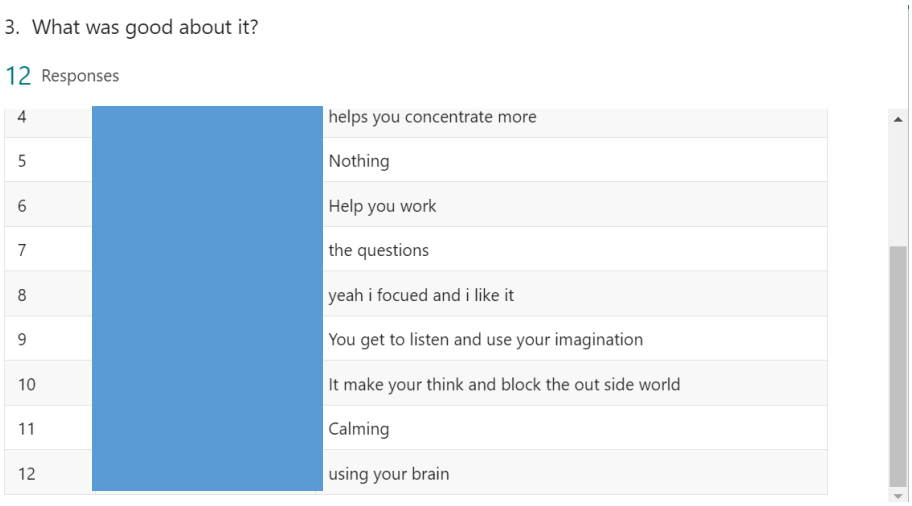
Appendix 3: Feedback

Documents and media below are stored on this Padlet:
https://padlet.com/c_collins2/OTLA8_Lincoln

General Learner Feedback

https://forms.office.com/Pages/ResponsePage.aspx?id=3xUG5R7rhEioVnVoieaCimZGUIivlXxIoTEjlHTvOGFUNVY3Q1c4MjJDT0MySUJEN1ZVTjNHNlVaOS4u



This is a summary link for a Microsoft Form used to gather general information from a group of 12 learners throughout the college. Although the numbers are small, it is clear that mindfulness had a positive impact.

Small Group Learner Feedback

Mindfulness focus group.docx

We used a face-to-face group of 3 learners to hold an honest and reflective discussion about mindfulness.

Individual Learner Feedback from Learner A

Taysha Hewitt Mindfulness feedback.MOV

This learner found mindfulness to be especially helpful and was keen to give her views in a short video interview.