

ESEBT Employee Wellness Program Mindfulness Workshop, Spring 2016

Evaluation and Summary: Mindfulness Techniques to Create Your Stress Free Zone, Spring 2016

Background

Stress management classes have historically been offered in the spring during the month of April for Stress Awareness, and have included a variety of classes. In 2012-2013 the courses had a very high level of participation (25-35 attendees) for a 2 part, 5-hour class. This class was also tied to the Wellness Challenge, offering additional incentives. In spring of 2015, sessions were poorly attended with only 7 attendees.

Course Outline

Mindfulness is a stress management technique that can be particularly helpful for education professionals who have changes and unexpected stressors throughout their day. Previous stress education classes have focused on mindfulness techniques. The objective of these sessions is to continue providing opportunities for teachers and other district employees to learn and practice in-the-moment mindfulness (i.e. stress management) techniques to use throughout their day.

Sessions began in spring of 2016, with two sessions available in each region of the district during March and April. Sessions were marketed via Weekly Wellness and Wellness Wednesday (which included articles by Wellness Coordinator and Mindfulness Instructor), emails, flyers, Wellness Team/Principal Monthly Updates, as well as word of mouth and in person meetings (SLT, Maintenance/Head Custodian meetings).

Evaluation of these sessions will help to determine next steps in offering similar sessions during 2016-2017, that can be offered throughout the entire school year.

Summary

Overall, the spring 2016 stress management course saw an increase in registration and actual attendance. Future courses should consider offering sessions longer in duration, more classes or a class series, as well as opportunity for continued practice onsite (e.g. mindfulness group that meets daily or weekly). In addition, classes should be offered year round, with careful consideration to the academic calendar (e.g. testing, parent/teacher conferences etc.) and needs of staff before or during particularly stressful periods within the school year.

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2016 Stress Awareness Workshops: “Mindfulness Techniques to Create Your Stress Free Zone”

Provide workshop for ESD teachers and staff to learn stress-reduction and in-the moment mindfulness techniques that they can use in the classroom and/or throughout their workday.

Proposed Learning Objectives/Scope for Workshop

- Gain a deeper learning and understanding of the practice and how mindfulness can be applied throughout their day and in the classroom
- Learn and practice in-the-moment skills and techniques
 - Learn and practice mindful awareness
 - Learn and practice evidence-based emotional self-regulation skills
 - Learn mindfulness based stress reduction
- Identify steps to develop a regular personal mindfulness practice
- Provide additional resources and information

Participation Summary

- 59 employees attended one of the offered sessions (52% attendance rate)
 - 114 employees initially registered for one of the sessions
 - 64% were teachers/paras (38 attendees)
 - Registrants were from 25 of the 29 district locations

Course Evaluation

- 55 participants completed the evaluation (93% of attendees)
 - 98% (47 participants) strongly agree/agree that the course increased their knowledge about mindfulness techniques to manage stress
 - 98% (54 participants) strongly agree/agree the class was relevant to their interests
 - 96% (53 participants) strongly agree/agree the class was informative providing useful skills
- Participants were interested in:
 - Longer sessions
 - More classes, class series and/or regular sessions
 - Learning more techniques and about more resources
 - Having classes available at various times of the year
 - Learning how to bring mindfulness into their classrooms with their students

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Participation Rates: Spring 2016 Mindfulness Class

Spring 2016				
Date	Location	Region	Time	Attendees
3/15/16 (T)	Emerson ES	Central	4:15 – 5:15 PM	8
3/17/16 (TR)	Mill Creek	South	4:30 – 5: 30 PM	10
3/21/16 (M)	Garfield ES	North	4:15 – 5:15 PM	7
4/18/16 (M)	Eisenhower MS	Central	4: 00 – 5:00 PM	8
4/21/16 (TR)	Gateway MS	South	4: 15 – 5:15 PM	6
4/27/16 (W)	CRC	North	4:45 – 5:45 PM	20

Location	Attendees
CASCADE HIGH	2
CEDAR WOOD ELEM	1
CRC	12
EISENHOWER MIDDLE	5
EMERSON ELEM	3
EVERETT HIGH SCHOOL	1
EVERGREEN MIDDLE	1
FOREST VIEW ELEMENTARY	2
GARFIELD ELEM	2
GATEWAY MIDDLE	4
HAWTHORNE ELEM	3
HEATHERWOOD MIDDLE	1
HM JACKSON HIGH	4
JAMES MONROE ELEM	1
JEFFERSON ELEM	1
LOWELL ELEM	1
MADISON ELEM	1
MAINTENANCE DEPARTMENT	0
MILL CREEK ELEM	3
PORT GARDNER/SEQUOIA/Online HS	4
SILVER LAKE ELEM	2
VIEW RIDGE ELEM	4
WHITTIER ELEM	0
WOODSIDE ELEM	1

Job Area	Attendees
Administrator	0
Office	11
Para	13
School Personal	10
Teacher	25

No registrants or attendees: Athletics/Transportation, Jackson ES, North MS, Penny Creek ES, or Silver Firs ES