

## Feedback from May 2019 MSC Intensive

### A. Did the program meet your main reason for attending?

The program met the needs of all the participants.

### B. What was most useful to you from this program?

- Gaining insightful strategies
- All of it, especially to pause and ask 'what is needed'
- The kindness, common humanity and mindfulness.
- Empathy fatigue, poetry, everything, all I need is within me, the magic of gravity!
- Emphasis on common humanity, elements of MSC. How our unmet needs are behind the way we react and interact with others.
- Common humanity, the compassionate phrases for ourselves and others, and the work on the inner critic.
- Compassion and equanimity – love this concept. The content and sharing whilst allowing space was really useful.
- So much was useful – both the information and the clear way it was presented. The practices themselves supported some incredible unfolding in me.
- Learning the tools to support myself into a loving, compassionate way of living.
- The group sessions and guided meditations.
- Bringing awareness to moments of suffering, using SC to create space to hold my suffering with kindness and apply some practical soothing skills.

### C. The following are the MSC program's learning objectives.

Please place a rating from 1 – 10 of how you felt they were achieved by this program:

Not at all                      Somewhat                      Moderately                      Mostly                      Completely  
1 -----10

- Motivating yourself with encouragement rather than self-criticism
- Relating to difficult emotions with greater acceptance
- Responding to feelings of failure or inadequacy with self-compassion
- Beginning to transform difficult relationships, old and new, through self-compassion
- Practicing the art of savoring and self-appreciation
- Integrating mindfulness and self-compassion into daily life

Mostly x 2

Completely x 9

### D. Please give feedback on both of your teacher's attitudes and skills?

- Excellent, 10 /10 for both of them.
- Great.
- Both Tina and Pete were excellent teachers, both were kind, warm, open and easy going in their teaching attitudes and both displayed a great understanding of the skills taught delivering the course in a genuine and relatable way.
- Excellent balance between the two of you. Great listening skills and ability to gently draw people out.

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- Both exceeded my expectations – both of you obviously walk the talk.
- Open, honest, caring, filled sessions with joy and acceptance. Knowledge was shared in a loving and interesting way.
- Facilitated learning as co-learners, joyful, humorous and wonderful ability to hold a positive space.
- Enjoyed discussion on attitude and wisdom practice around building gratitude.
- Tina is incredible at creating a safe container and an experience of feeling so deeply well cared for and seen. Very skilled at presenting information that has been interpreted and well honed. Perfect to have both of you to hold the group.
- Tina is very knowledgeable and articulate. Pete is very skilled at leading the activities and supporting the group discussions.

### E. How did you find the venue?

- Excellent.
- Sophia is a fantastic venue for the course, the building was quiet and peaceful – surrounded by beautiful garden.
- Good.
- 10 / 10 great venue.
- The venue is beautiful – I couldn't wish for something / somewhere better.
- Comfortable, light, the garden as an outlook was calming. The snacks provided were really appreciated as well.
- Well suited to the program.
- Perfect.
- Sophia is an ideal location both in facilities and aesthetics.

### F. Any other feedback, perhaps anything you would have like different?

- Thank you, loved the poetry.
- Thank you for the snacks and the warmth from presenters.
- Loved the mix of discussion, movement, practices, group and pair exercises.
- Thank you for making the environment so personal and welcoming. The small touches like flowers, candles and of course the wonderful food. I wish the course was longer.
- I would have liked time to journal integrated into the retreat session.
- The teachers and course were wonderful, I might offer a suggestion of the group organizing a shared meal on the last day. Sharing their food with one another as a sign of compassionate appreciation.