

PARTICIPANT WORKSHOP EVALUATION

Please evaluate your experience participating in the workshop sessions by filling out the form and checking the box that best indicates your response next to each statement. Your responses in this evaluation form and your recommendations below will be reviewed and used to adjust and improve future workshop programs. Your evaluation form is anonymous unless you choose to write your name on it.

We are very grateful for your taking the time to fill out this form. Your opinion is very valuable to us.

Thank you!
Women's Learning Partnership

| Participants Workshop Evaluation: Leading to Compassion

Workshop completion date.....

Name(s) of your workshop facilitators.....

Your name (optional, you may leave this line blank).....

Scoring: 1=Totally agree; 2=Somewhat agree; 3=Somewhat disagree;

4 = Totally disagree; 5 = I do not know/I do not care to comment

Please read each of the following statements carefully. You may find that you agree or disagree with a number of them.

Participants Workshop Evaluation: Leading to Compassion

OVERVIEW:

1=Totally agree; 2=Somewhat agree; 3=Somewhat disagree; 4=Totally disagree; 5=I do not know

		1	2	3	4	5
1	While participating in the workshop sessions, I felt the setting was supportive and nurturing.					
2	When the workshop ended, I had a much better understanding of how compassion and forgiveness fit into my own life and work.					

AFTER PARTICIPATING IN THE WORKSHOP, I BELIEVE:

1=Totally agree; 2=Somewhat agree; 3=Somewhat disagree; 4=Totally disagree; 5=I do not know

		1	2	3	4	5
3	The emotion of compassion is the basis for human tolerance, pluralism, universality, and charity.					
4	The principle of compassion lies at the heart of all religious, ethical, and spiritual traditions, calling us always to treat all others as we wish to be treated ourselves.					
5	Compassion gives us tools with which to establish new relationships and new practices that lead to lasting change and peace.					
6	Pluralism, a social system based on mutual respect for each other's cultures, is a helpful approach to a compassionate society.					
7	Compassion can be taught.					
8	Through dialogue, two sides to a conflict can develop common understanding.					
9	Dialogue can lead to much higher levels of mutual understanding.					
10	Dialogue is not a substitute for concrete steps that change the conditions that are creating the conflict.					
11	There are disputes or conflicts in my community that would benefit from the parties engaging dialogue.					
12	The emotion of empathy can help disagreeing parties to be more productive in a dialogue together.					
13	Helping others is a "selfless" act.					
14	People can overcome psychological pain when they have sufficient contact with someone who is empathetic to them.					
15	Empathy can be taught.					
16	"Careless words," words that are misunderstood or have multiple meanings, can lead to or exacerbate a conflict.					
17	The right words can build bridges of understanding between people.					
18	Sharing your story can help others understand your perspective.					
19	Shared projects (music festivals, picnics, prayer gatherings, etc.) that do not deal directly with the root causes of a conflict between two communities, can have a positive impact on reducing tension and mistrust between the communities.					

1=Totally agree; 2=Somewhat agree; 3=Somewhat disagree; 4=Totally disagree; 5=I do not know		1	2	3	4	5
20	Opposing sides to a long conflict can overcome their hate and mistrust if the conditions that are creating the mistrust are resolved.					
21	It is possible, in some circumstances, for former enemies to one day love each other.					
22	Forgiving has emotional and social benefits for the forgiver. Forgiving can decrease depression and anxiety.					
23	Forgiving is not the same as forgetting.					
24	Forgiving shortens grief.					
25	It is easier to forgive someone who sincerely apologizes.					
26	It is possible to forgive someone who accepts no responsibility for his actions.					
27	There needs to be justice for victim before she can apologize.					
28	"Forgiveness is the final form of love."					
29	Forgiveness can be taught.					

EVALUATING THE SESSIONS AND FACILITATOR:

1=Totally agree; 2=Somewhat agree; 3=Somewhat disagree; 4=Totally disagree; 5=I do not know		1	2	3	4	5
30	Some workshop sessions were much too long.					
31	Some workshop sessions were much too short.					
32	Each session fulfilled the objectives we discussed at the beginning of the session.					
33	I learned a lot, and what I learned is very applicable to my life.					
34	I did not learn very much new material, as I am already very familiar with the information that we covered.					
35	Even though I was familiar with some of the material we covered, the workshop conversations helped refresh my knowledge and inspired me to be more compassionate and forgiving.					
36	The facilitator was very professional and at the same time very welcoming and warm.					
37	The facilitator knew how to keep the conversations lively and engaging.					
38	I would recommend this workshop to my friends and/or colleagues.					

