

Comments & Feedback about

Using Meditation as a Workplace Ally

May 10, 2006 @ 210, McMaster University Downtown Center

Question #4

What did you like about the session?

- It made a lot of sense, made me see things differently, better than I thought it would be
- The speaker and the topic
- He knew what was needed and explained it well
- Very informative
- Left you really thinking about achieving results
- It's something that everyone can benefit from
- Calming
- It was useful if it will be continued
- It was straight to the point, clear, non – judgmental
- The exercises
- The meditation method
- Very relaxing
- The exercises that we did, the five qualities that meditation encourage and the analogue that Dr. Singh used to explain how meditation can be used in our everyday life

Question #5

Do you have any suggestions to improve the session?

- More frequent
- Once a month will be more useful

Question #6

What other workshops or sessions would you like to see in the future

- More by Dr. Singh, ongoing sessions
- Position in sitting, walking
- More of the meditation on a regular basis
- Stress management, work ergonomics
- Yoga, breathing exercises
- yoga

This document is provided by Human Resource Department, McMaster University. Thank you Linda Picolo.