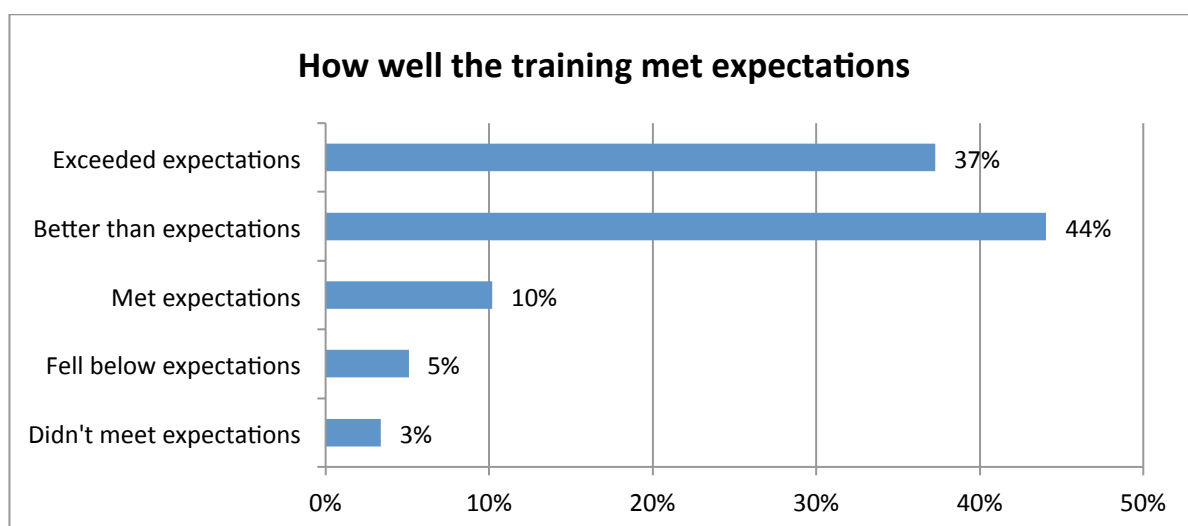


## Pilot Studies Oxford Oct 2010-June 2011

This document summarises the responses made by participants on five separate Creative Relaxation trainings carried out between October 2010 and June 2011 in Oxford primary schools. In total 20 schools took part and 70 teachers completed their training.

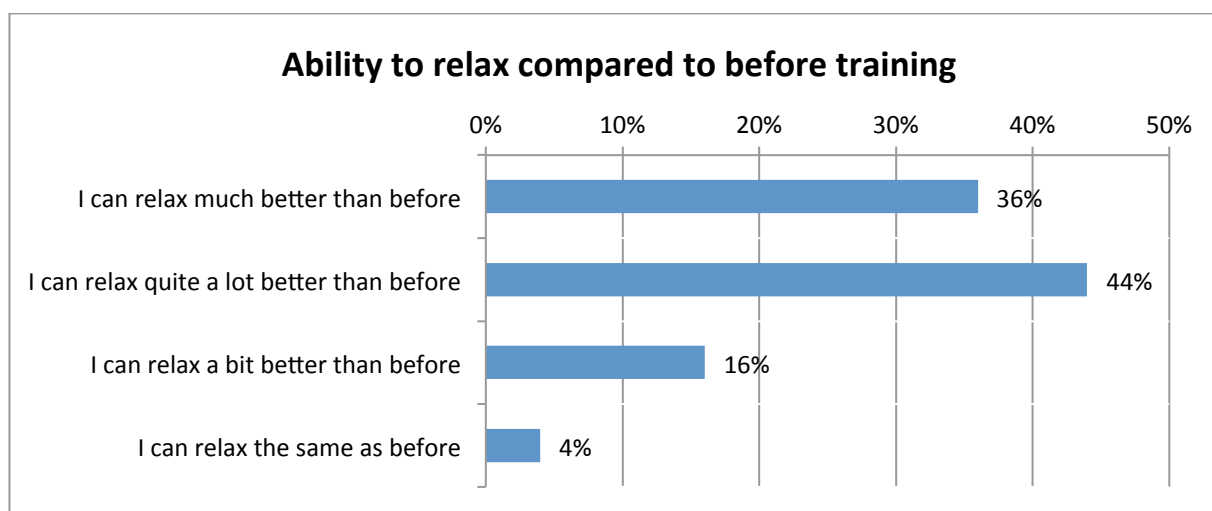
### 81% said that the course had exceeded their expectations

59 participants responded to the request to rate whether the training had met, exceeded or fallen short of their expectations.



### 96% said that they could relax better than before the course (80% said a lot better)

50 participants responded to the request to rate the improvements in their ability to relax following the course.



### 81% said that they had learnt something new about relaxation and 85% would recommend the training to others

## ***Pilot Studies Oxford Oct 2010-June 2011***

### **Successful Outcome**

37 of the 70 teachers who completed the CR training went on to learn how to use Creative Relaxation with children and today many hundreds of children continue to benefit from Creative Relaxation.

### **Teachers' comments**

*'Thank you for opening up so many possibilities. Every week it just got better and better and better. Wonderful!'*

**M Dodge Headteacher**

*'I have been cynical and resistant – but have been surprised at how I have responded e.g seeing/ smelling/tasting the fruit! I love having a place/image of myself to be how I would like!'*

**Suzanne Clarke Home School Community Link Worker**

*A great Course; very thought provoking, Thankyou*

**Shona Howie Headteacher**

*Thankyou I have really enjoyed the journey of the last five weeks*

**Jan Gwyn SENCO**

*I think this course will have substantial benefit for many of the participants not only in work but in life. Things are put into perspective and there is an excitement about the power of the human mind on yourself and others. Thankyou*

**Rebecca Pogose, Teacher**

*How beautiful it is to transfer yourself to another place.*

**Lin Howey Teacher**

*I felt sceptical at first but have finished the course having looked forward to the last two sessions.*

**Wendy Grace Headteacher**

*As I'm not a class teacher I would find the technique useful to work through my 'stuff' and adopt a whole school approach.*

**Julie St Clair Headteacher**

### **Further Information**

For Further information about pilots in schools please contact [marylouise@creativerelaxation.co.uk](mailto:marylouise@creativerelaxation.co.uk)