

Consolidated Results of Pilot Studies within Redbridge Schools

This report sets out the findings from two separate pilots, completed in the period between November 2008 and June 2009, introducing Creative Relaxation to staff members working in schools within Redbridge Local Authority.

The first pilot in November 2008 included 27 staff members from 8 schools; a second pilot in June 2009 included 22 staff members from 15 schools. In total 49 staff members from 23 schools completed the Creative Relaxation programme to increase their own personal wellbeing. A survey was conducted following the training and the consolidated results for both pilots are shown below. Most questions were answered by 42 or 43 staff members and the figures are based on the responses received.

Quality of the Creative Relaxation training

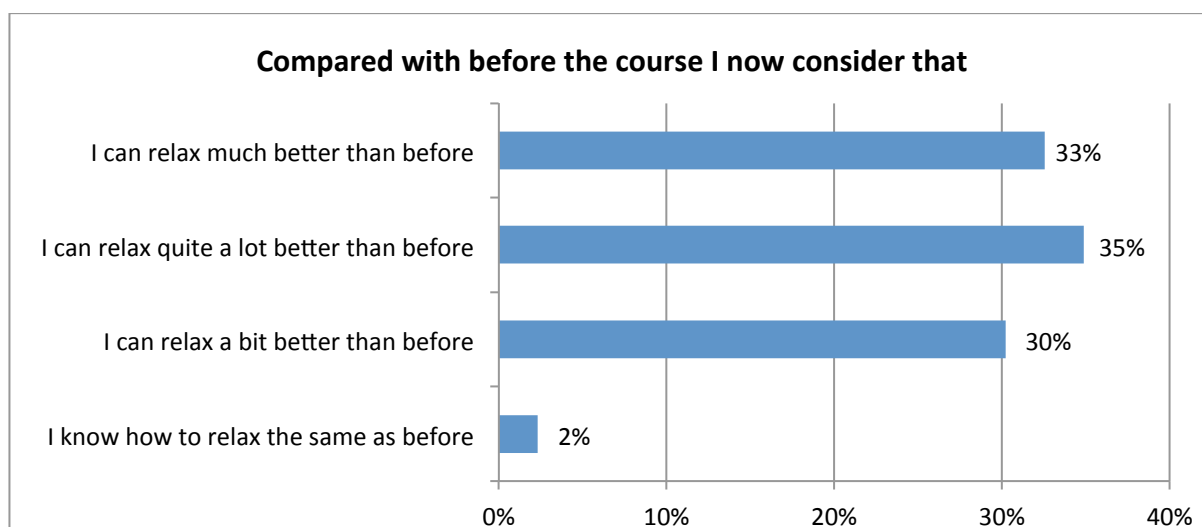
Staff members responded to the request to rate the relevance of the content, the effectiveness of delivery, and the helpfulness of the materials on the course:

- 94% said that they thought the content was relevant or very relevant
- 88% said they thought the delivery had been effective or very effective
- 76% said they thought the materials were helpful or very helpful
- 76% said they thought the training met or exceeded their expectations
- 98% said they would recommend the training to others

Effectiveness of the Creative Relaxation Training

43 staff members responded to the request to compare their ability to relax before and after the course.

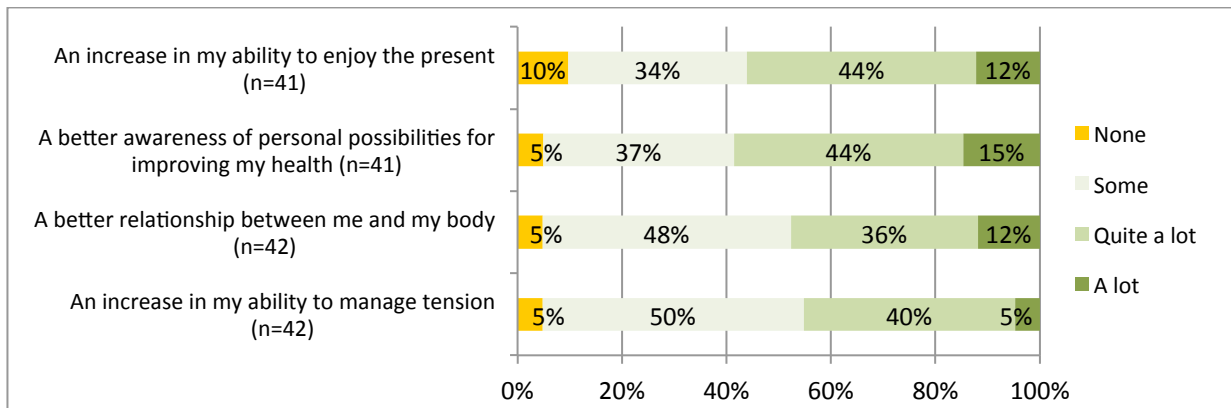
- 98% stated they could relax more effectively after completing the training



Benefits experienced from the using Creative Relaxation

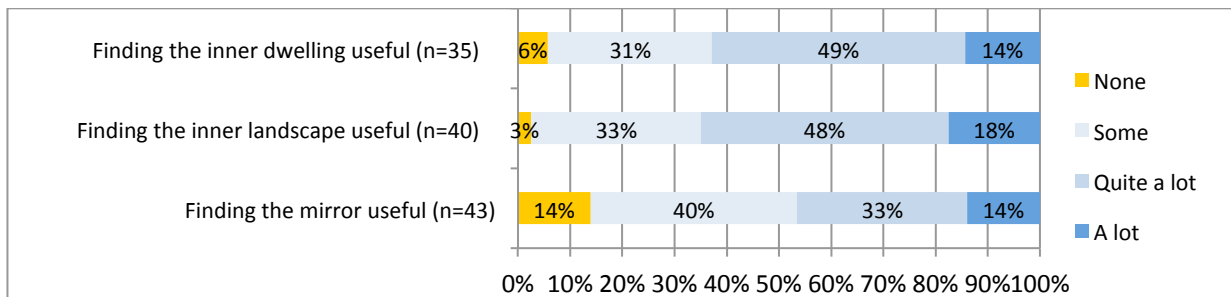
Staff members were asked about the benefits experienced from using Creative Relaxation. The number of respondents (n=) is shown against each question

Benefits from Creative Relaxation Training



90% or over of all respondents experienced a positive impact on their wellbeing from the training in Creative Relaxation

Usefulness of the imaginative tools used within Creative Relaxation Training



Learning from Creative Relaxation Training

91% of respondents said they had learnt something about relaxation that they had not known before

Desire to teach Creative Relaxation to Children

91% of respondents said they were interested to learning how they could teach Creative Relaxation to children in their school

Independent Study on the Redbridge Pilots

In addition to these pilots, Redbridge Educational Psychology department carried out psychological assessments on participants measuring anxiety and depression before and after the trainings. The results of these independent evaluations can be downloaded from the Creative Relaxation website.