

Seasons of Change Spring 2022 || Evaluation Summary

Whilst death and dying is a natural part of life, during the past two years it is likely that many more people have been touched by experiences which may have triggered feelings associated with loss and change. These sessions hoped to offer staff a space to reflect on their personal experience of loss, grief and bereavement.

331 Registrations

Featured Sections:

- Reflections on Death and Bereavement
- Capacitar Finger Holds
- Contemplative Music
- Poetry

What people said:

"made me reflect on my life and the speakers voices were very calming."

"brought back memories."

"It made me feel peaceful."

"felt that my feelings were normal and a shared human experience with lots of other people"

"really commend you for offering these sessions and I hope they will support the growth of a compassionate and kind culture."

89 % Enjoyed the session.

96 % Would recommend to colleagues.

86 % Would be interested in attending future sessions.

How people felt:

"lessened this feeling of isolation."

included looked after pleased
compassion hopeful
accepted curious vulnerable happy
thoughtful sad
fortunate safe annoyed heard surprised
grief thankful peaceful satisfied

What people enjoyed most:

- The peaceful and calm tone of the session
- The capacitor (finger hold) exercise
- The visuals and the peaceful background music throughout the session
- Advice and signposting for staff requiring help
- The opportunity to reflect and process feelings
- The ease of access and anonymity
- The length of session, and being on repeat
- The lunch time slot
- The fact that it was available

Suggestions for future themes:

- Mental health themes
- Meditation and mindfulness
- Acknowledging self-care after bereavement
- How to examine your own grief
- Rebuilding resilience
- employee wellbeing if working from home
- Stress and anxiety
- Testimonies and tips
- Loss and change in more general terms
- Anticipatory Care conversations
- Morning sessions to prepare you for the day
- Dealing with burnout
- Supporting staff who are carers

We would like to thank everyone who made Seasons of Change possible, and to all those who attended one of the session. We hope you found it useful.

Seasons of Change will soon be available to watch in your own time. Sign up the to ACP mailing list to be one of the first to know when it goes live.

