

WORKPLACE MINDFULNESS SURVEY RESULTS

- **First Response** 10 Sep 2020 10:03 am

- **Last Response** 02 Oct 2020 08:32 am

Number of
responses

1667

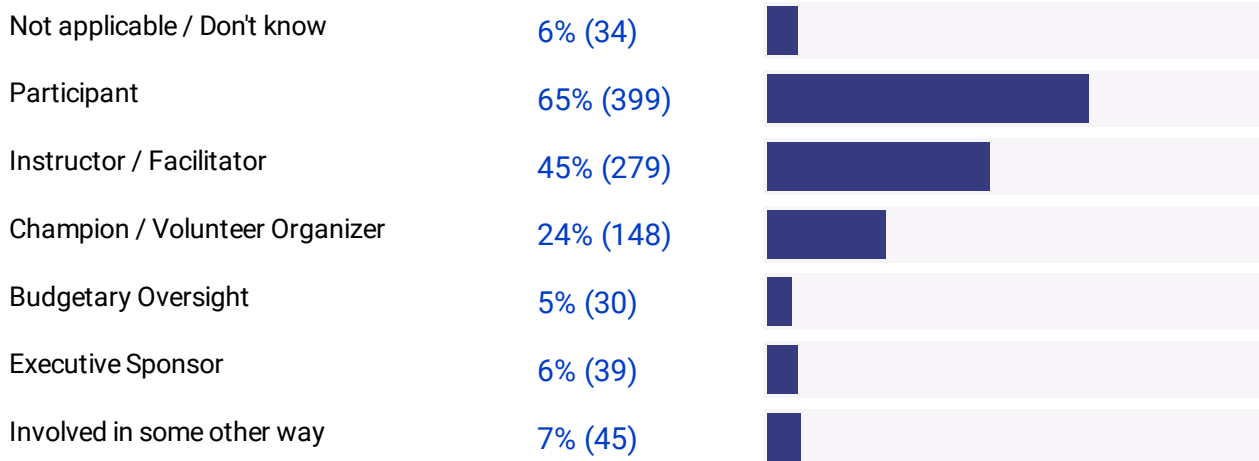
Which best describes your employment right now?



Note: throughout this survey, we use the term "mindfulness training" broadly. Training could include a range of activities including (but not limited to) drop-in classes, formal courses, retreats, clubs, speaker series, or apps. Content could include mindfulness, meditation, yoga, mindful movement, or other contemplative practices. In the past 12 months, did your workplace offer mindfulness training to employees?



In the past 12 months, in what ways were you involved with mindfulness training offered by your workplace?



In the past 12 months, what types of practices were included in mindfulness trainings offered by your workplace? If you aren't sure, feel free to skip past this question.



In the next 12 months, how do you see things changing for mindfulness offerings at your workplace when it comes to: how many staff participate



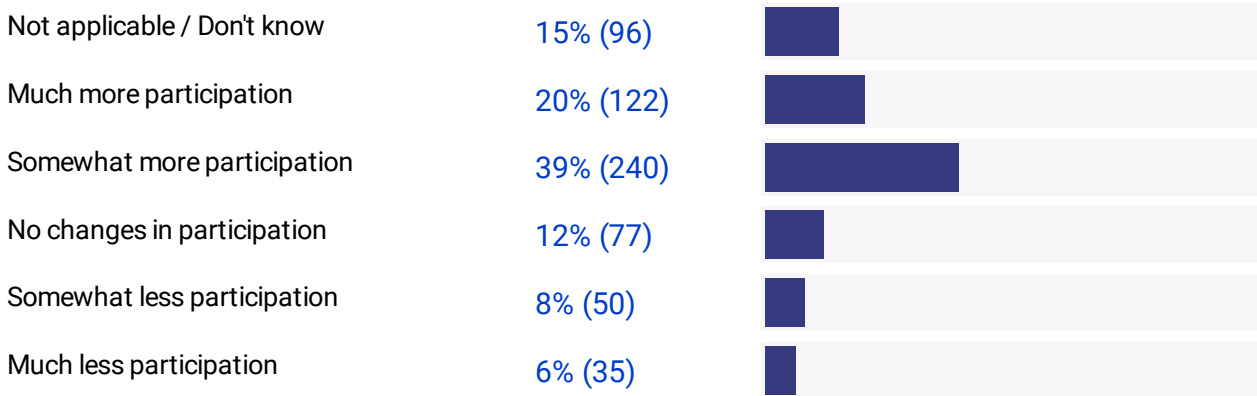
In the next 12 months, how do you see things changing for mindfulness offerings at your workplace when it comes to: available funding



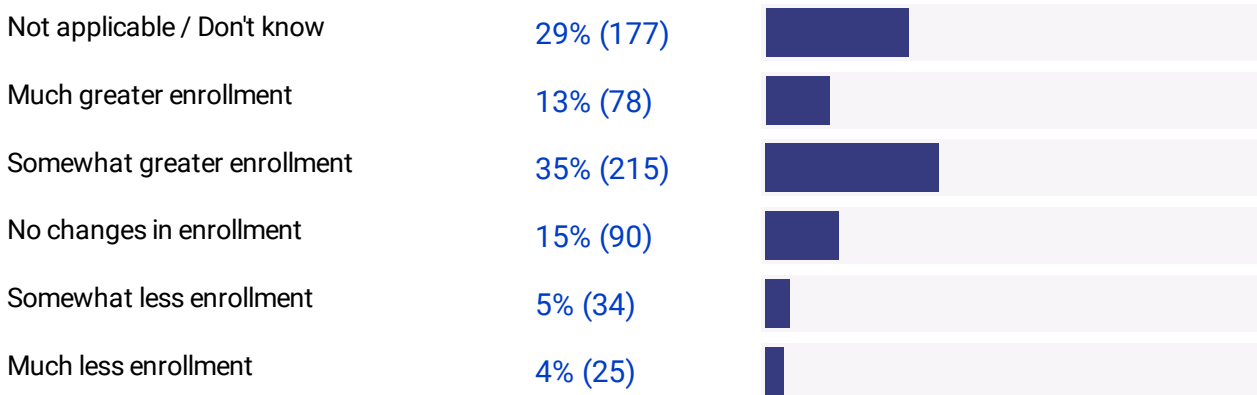
In the next 12 months, how do you see things changing for mindfulness offerings at your workplace when it comes to: variety of training offerings



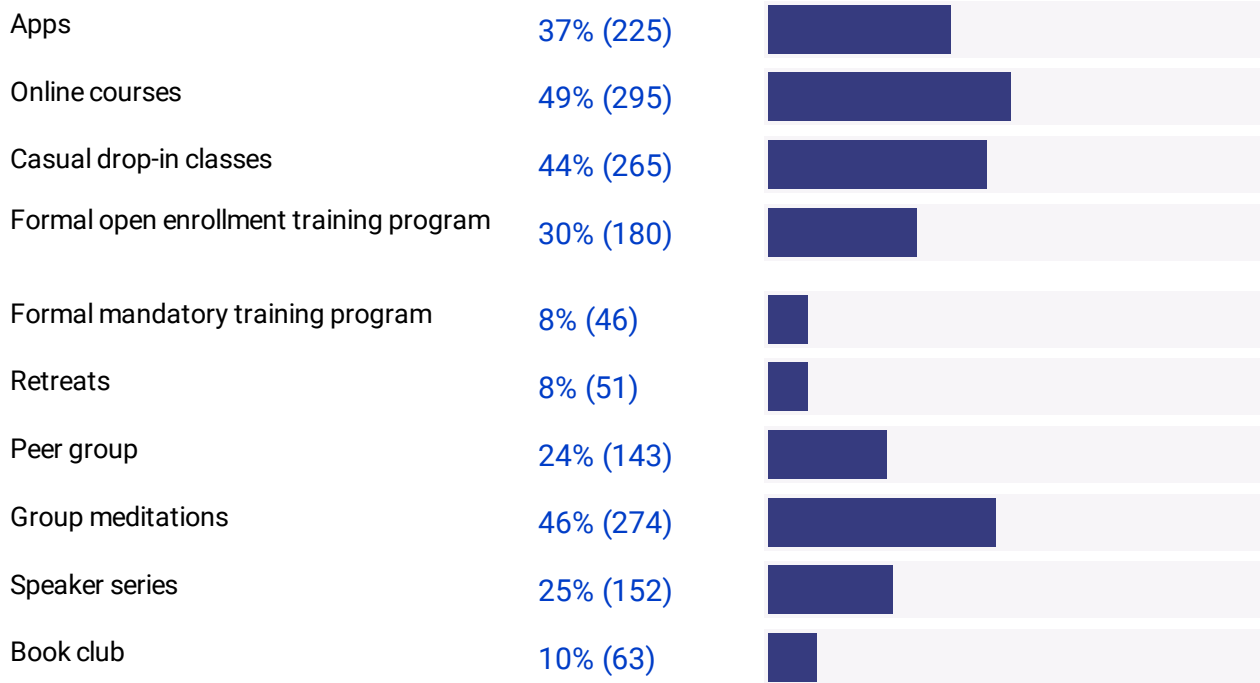
Since the COVID-19 pandemic, what changes have you noticed in mindfulness training participation at your organization?



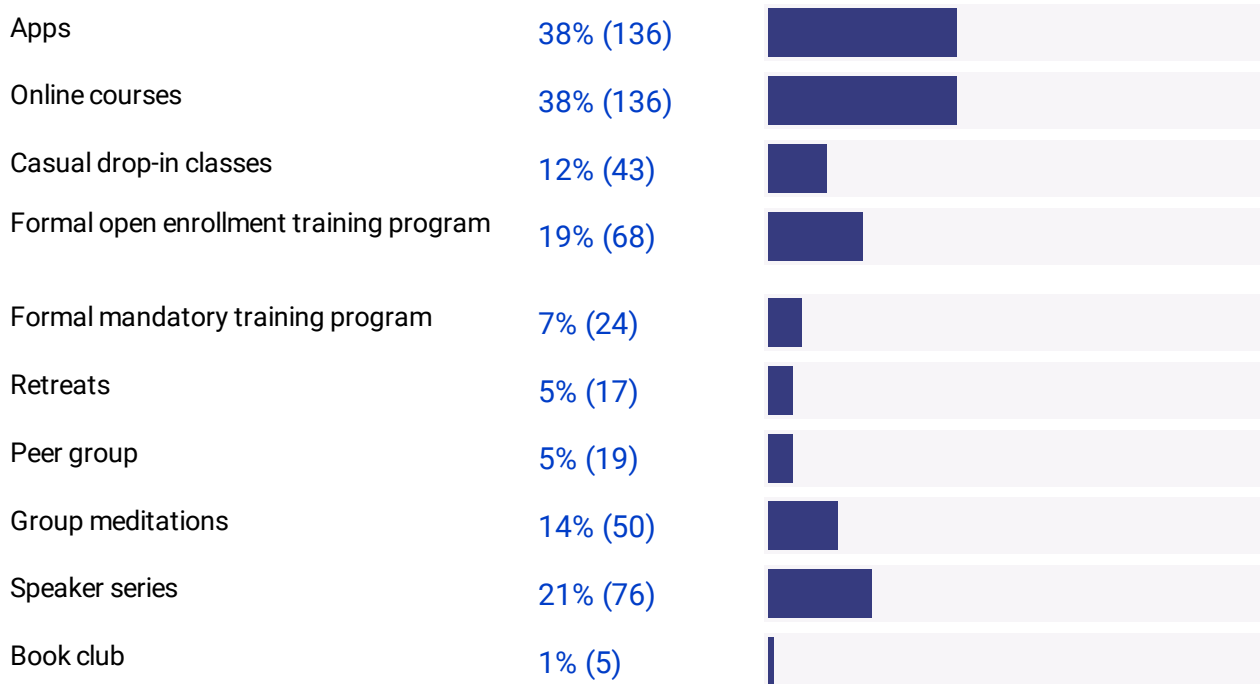
Since the COVID-19 pandemic, what changes have you noticed in mindfulness training enrollment at your organization?



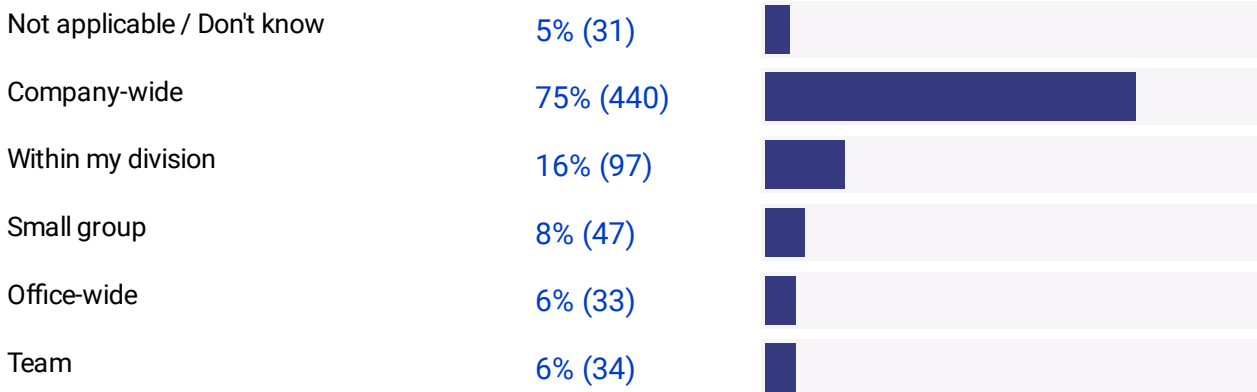
In the past 12 months, what types of training were provided? If you don't know, feel free to skip past this question.



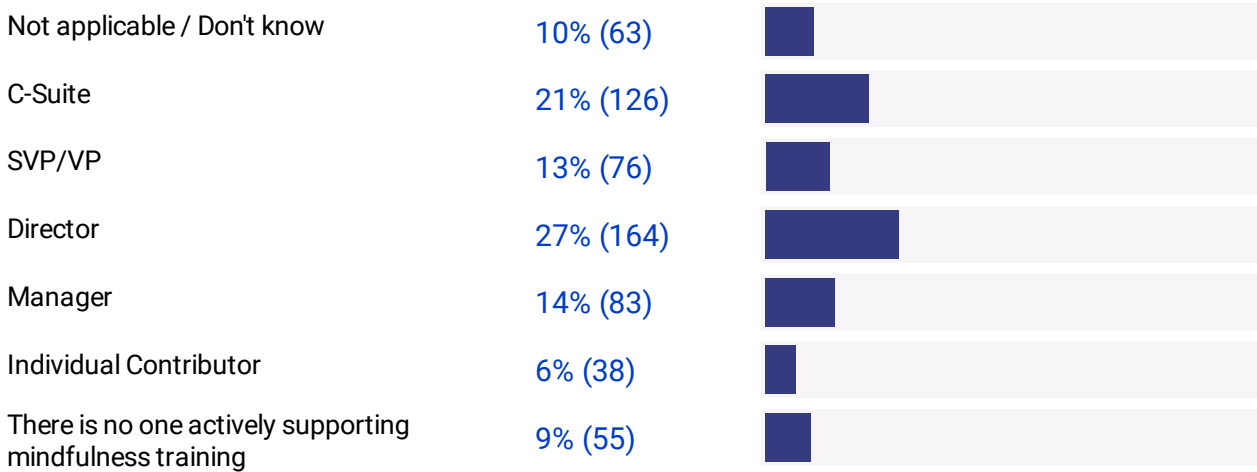
Out of training options provided in the past 12 months, which were delivered by external vendors? If you don't know, feel free to skip past this question.



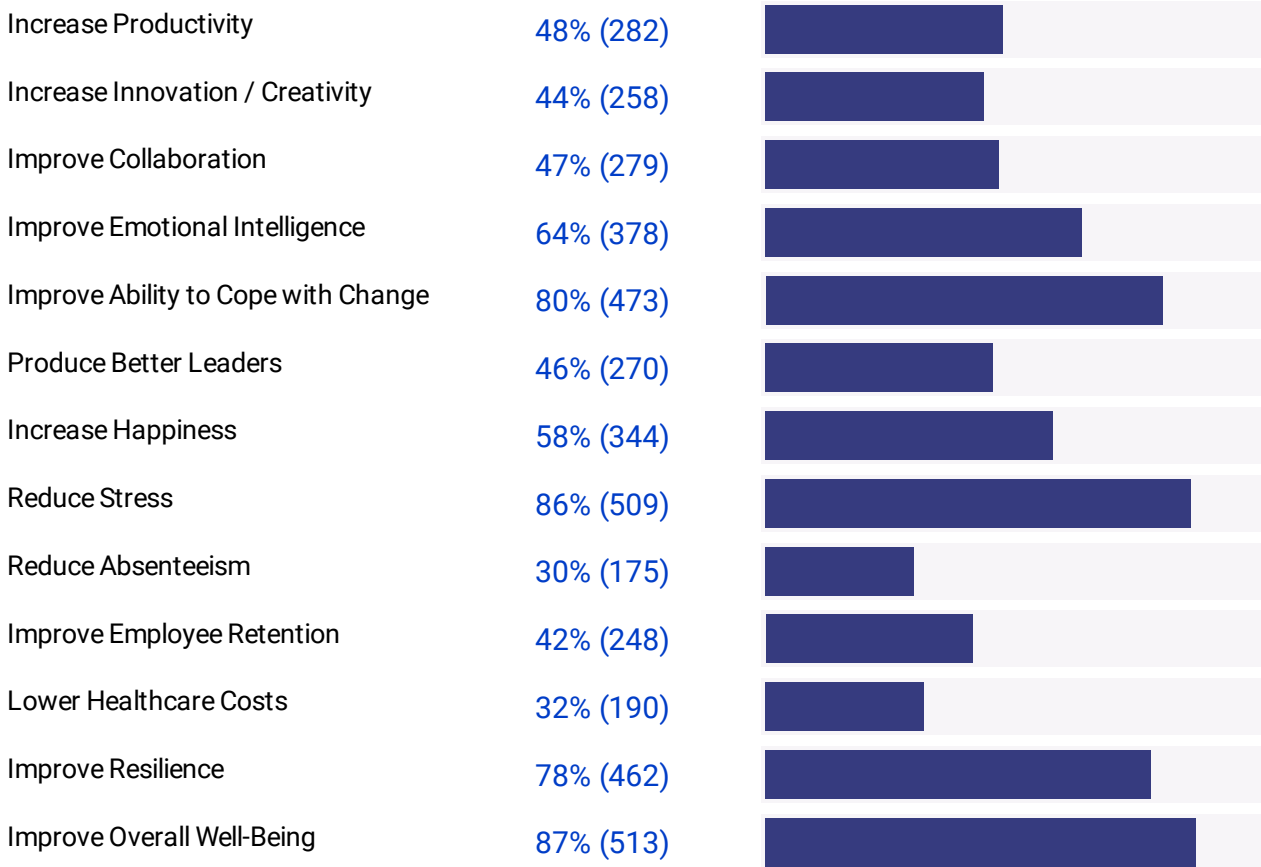
How widely distributed are the programs? If you don't know, feel free to skip past this question.



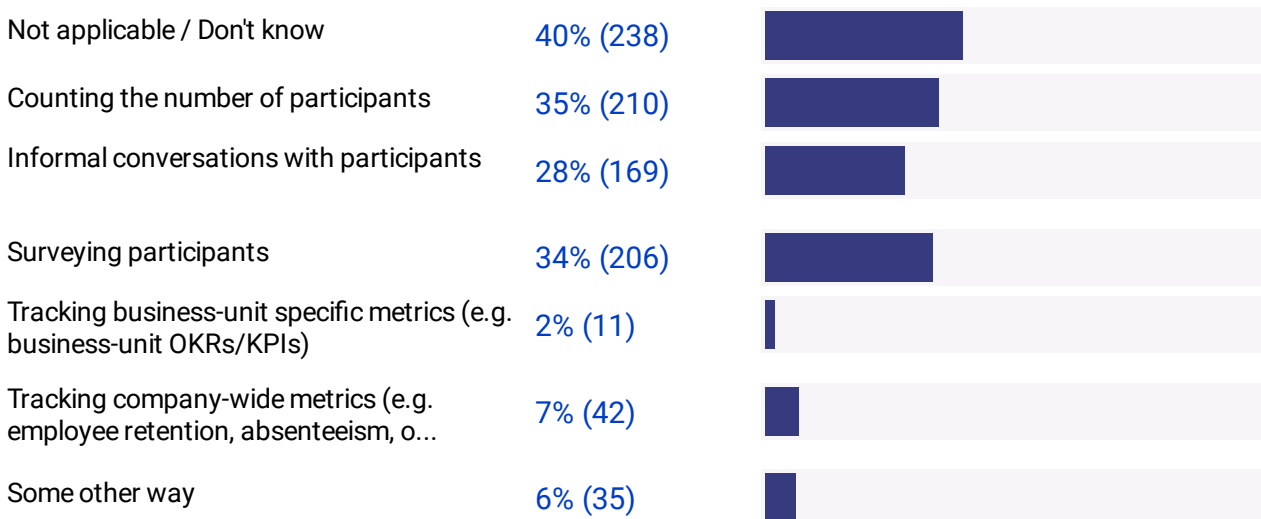
Think about the most senior level staff member actively supporting mindfulness training (e.g. through role modeling, attending activities, changing workplace policies, providing endorsements, or allocating funding). What is the job role of this person?



How, if at all, do you expect your organization to benefit from mindfulness training? If you aren't sure, feel free to skip past this question.



How, if at all, does your employer assess the impact of mindfulness offerings?



Who in the organization provides funding for mindfulness training? If you aren't sure, feel free to skip past this question.

