



Dragon Dynamics™

Personal Growth Workshop - Evaluation

Barlinnie Prison 5th September 05

There were ten individuals present for this two-hour workshop, seven inmates, one warden and two Theatre Nemo facilitators. At the end of the session I asked that an evaluation form be completed, only one was not. The evaluation is based on the feedback given.

It was my aim to show that we are more powerful when we are relaxed, and that we are more able to deal with issues appropriately in this state. The main objective was for the participants to experience a relaxed state and use the energy of it to become empowered.

We first used progressive relaxation and guided mediation then went onto explore the limiting belief patterns that hold us in our present state. Once these were identified we created a physical link and smashed through the negative blocks to personal growth.

- ◆ Of the nine completed forms all agreed that the aims and objectives had been achieved and had met their expectations.
- ◆ Three people remarked that the only change they would have made was to increase the duration of the workshop.
- ◆ All of the remarks made about the facilitator were very positive.
- ◆ I asked for a list of 3 things, which will be remembered about the day, these included; Self- confidence, personal control, relaxing, concentration, achievement, positive thinking, energy, breaking the board, laughter, empowerment for self and others, and issues.
- ◆ In the space for any other comments, these are; Found it hard to break issues, it was good fun, different, it was a pleasure to be there and look forward to it again, would like to further it once out of prison.
- ◆ Three inmates have requested information on other empowerment workshops that may be available on their release.

This workshop was designed to help the individual build trust in himself and others, identify blocks and develop coping skills to deal with this.

At the beginning of the workshop I explained the process that we would be going through and asked that each person take personal responsibility for their experience and that they commit fully to it.

There were no problems in the workshop whatsoever with everyone willing to look into their own issues, as well as encourage others who may have been experiencing difficulty.

There were no surprises that there was full personal commitment from all who took part.

From a facilitator's point of view, this was an excellent workshop.

It was a pleasure to be working with this group and I wish them every success in the future.

Lesley Rodgers
44 Laburnum Ave, Beith KA15 1BG

Phone: 01505 504426 / 07966649370
Email: dragondynamics20@aol.com