



**FRASERS**  
PROPERTY

# Smiling Mind School Program

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Evaluation Overview

**2019 - 2020**



# Evaluation Overview

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Thank you for your interest in the Smiling Mind School Program. It's wonderful that you're looking to support the wellbeing and development of your whole school and learning community through our program supported by Frasers Property Australia.

## A Data Driven Approach

At Smiling Mind, data has always played an important role in our work with schools. We actively collect data for the following reasons:

- Program Development and Improvement. We are always seeking ways to improve our existing programs or develop new offerings which can support schools to achieve their wellbeing objectives. Schools who participate in our pilot programs, or provide us with feedback on specific initiatives, support us in assessing the feasibility, user experience and quality of our programs.
- Evaluation. We invite all schools implementing the Smiling Mind School Program to participate in our structured evaluation to measure the effectiveness of the program within their specific learning context across key wellbeing dimensions.
- Research. Whilst there is a large body of evidence supporting mindfulness programs in schools, we recognise that there are significant opportunities to contribute and extend on the wider mindfulness in schools literature and support larger research studies with our education and academic partners.

# Assessing the Impact of the Program in Your School

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As part of participating in the program, we would like to work with you to collect data to evaluate the impact of the program in your specific learning context.

Data collection is not mandatory to participate in our program, however we strongly encourage all schools to participate as it provides valuable insights into the benefits of the program in your learning community.

The information will be used by Smiling Mind to measure the impact of our work as a not for profit supporting Australian Schools and to improve the delivery and quality of services and initiatives to Australian Schools.

Aggregate information may also be shared with Frasers Property Australia in order to report on the impacts and effectiveness of the overall program.



# Evaluation Components

## Diagnostic and Baseline

At the commencement of the program, a baseline survey will be provided to you to disseminate to all staff participating in the workshops.

- Time commitment: 10 mins.

## During the Program

Following completion of the workshop, we will send a survey to collect feedback specific to the workshop delivery.

- Time commitment: 2 mins.

## Final Evaluation

Five weeks after delivery of your final workshop, a follow up survey will be delivered to disseminate to all staff.

- Time commitment: 10 mins.



# Thank you

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## Smiling Mind

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smilingmind.com.au

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**Smiling Mind is a 100% not-for-profit organisation that works to make mindfulness meditation accessible to all.**

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