

Sanctuary Space

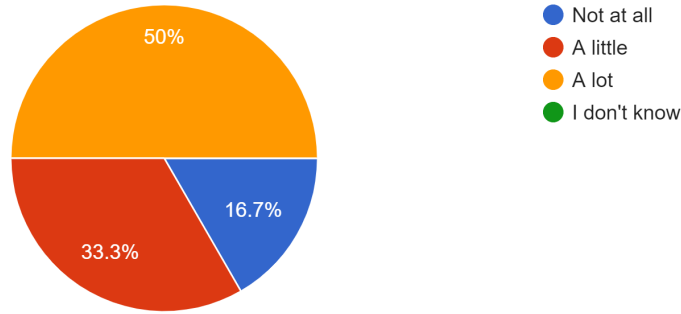
Post-Workshop Evaluations

The Art Of Anger
July 16, 2021

Approximate maximum attendance: 11
Number of evaluations: 6

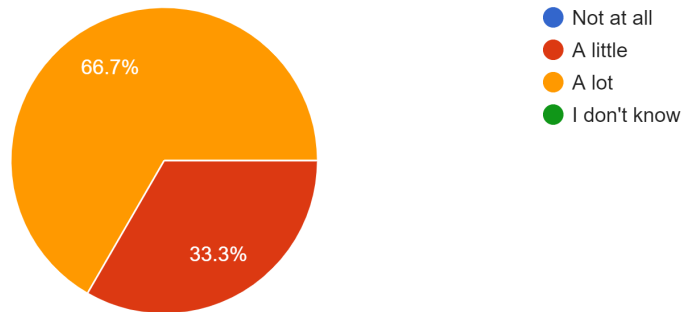
In your opinion, did this event increase your awareness of mental health issues?

6 responses



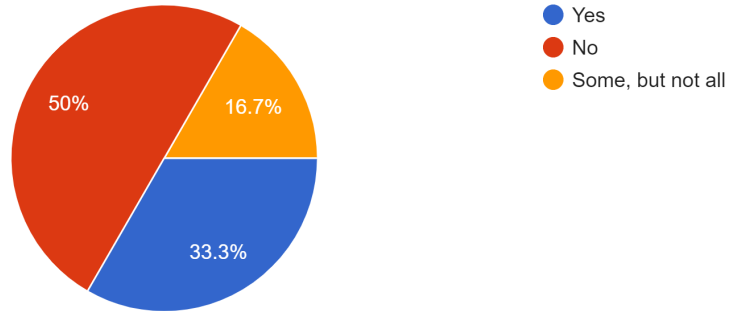
In your opinion, do you feel like you made a meaningful connection with other people with values similar to yours?

6 responses



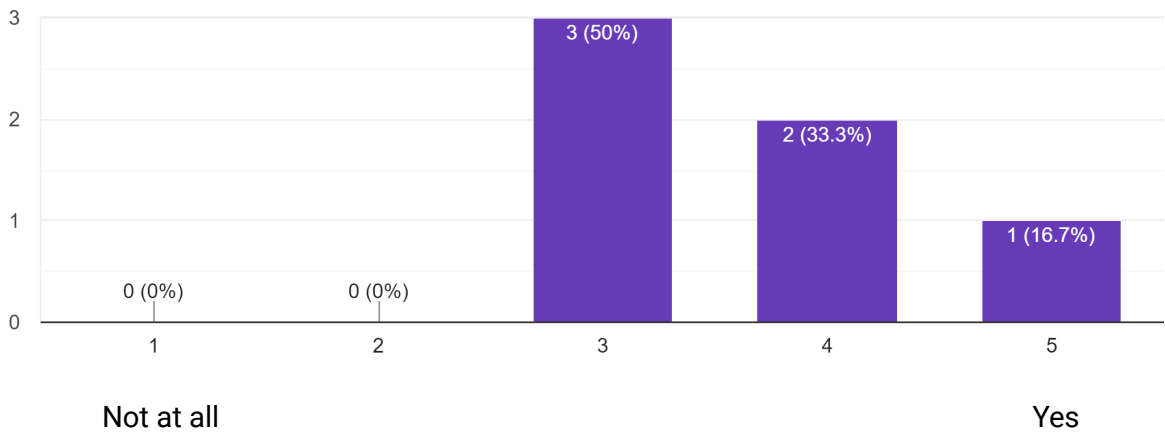
Did you know about the resources listed in the Shared Notes prior to the workshop?

6 responses



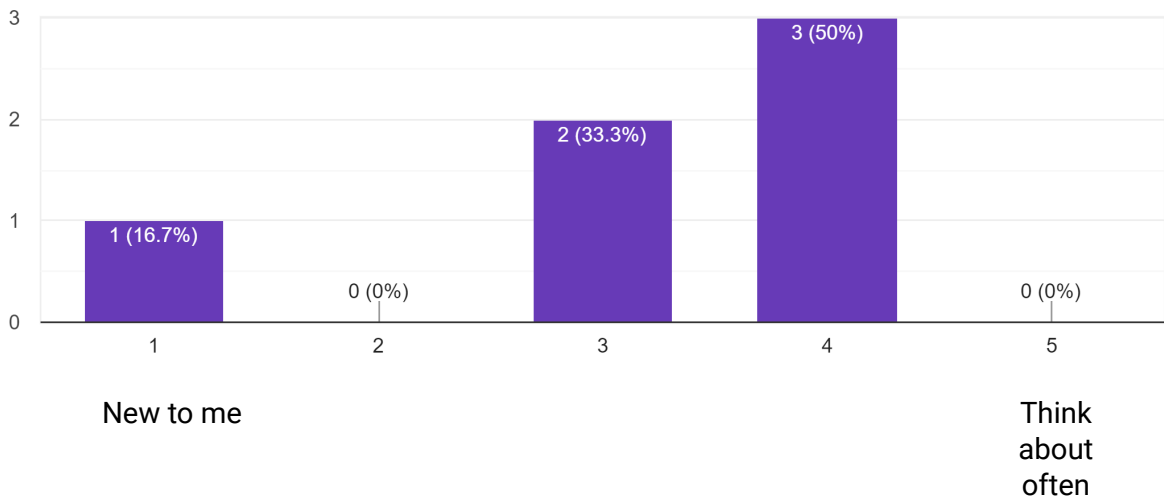
After this workshop, do you have new tools to support your own wellness?

6 responses



Was the topic of today's event something you think about often, or was it new for you?

6 responses



What are your initial thoughts about your experience at today's event?

I appreciated the interactive component of the event!

LOVED IT!

I loved this - so much

I thought it was going to talk about the negative effects of anger

It was nice to hear someone talk about anger in a positive way.

I appreciate the chance to hear how your speaker approaches anger. Anger is complex in my experience and the link between rage and anger is important to introduce/discuss I think. I did get a bit overwhelmed by her energy!

The music that was supposed to evoke anger, did not for me!! However made me remember to be aware to use music that my group might relate to

What was your key takeaway?

That I should be writing poetry more!

Leaning in to anger - feeling it fully, embracing it

that anger is okay <3 a part of life

Anger is that passion that helps you realize about yourself and your surroundings

There is a community of people who are also struggling to express their anger.

The way the first video was done - the voices in unison, the body gestures - that worked for me. Was also filmed in an interesting way.

How might you use what you learned today?

I will be writing more regularly

I'm not sure yet, but it kind of makes me want to journal or meditate more frequently

I haven't written poetry in a while and would love to channel these questions and feelings more

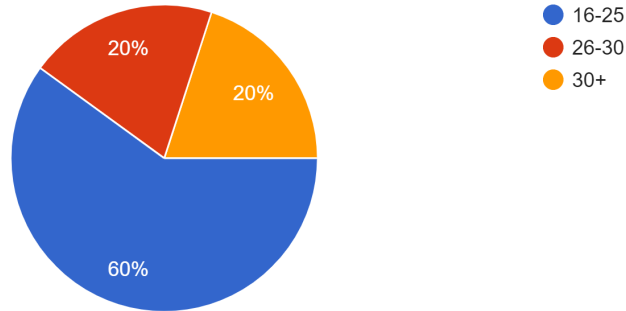
Write poems about my anger

I'll share the knowledge with others, it's ok to feel angry.

See if pairs of people or more, would be interested in writing and delivering / filming a piece like this to tell part of their story

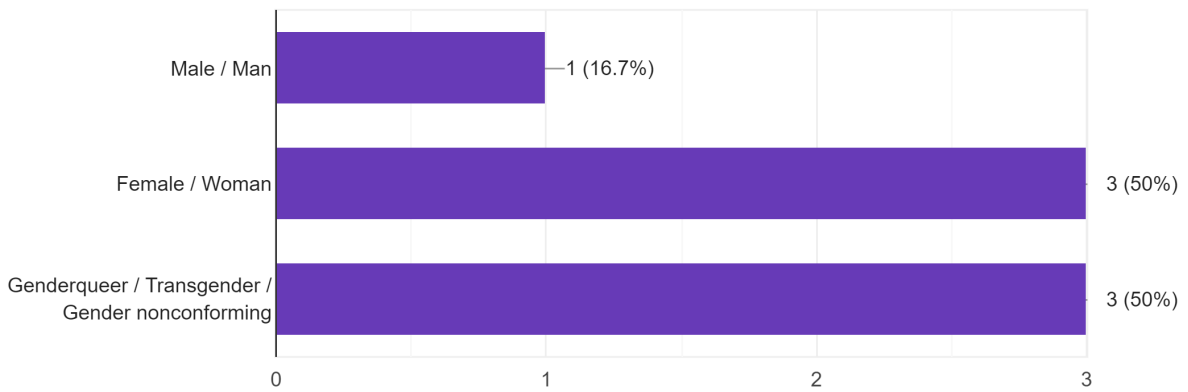
Age

5 responses



Gender Identity

6 responses



Ethnicity

6 responses

