

## Student Evaluation of SEJ Process Training (Kingston University 2023) - Qualitative evaluation

Assessment of your SEJ experience	Answer
<p>1. What was your overall experience of learning the SEJ Process and learning how to use the SEJ Worksheet?</p> <p>a. Are you better able to question your thoughts?</p> <p>b. Are you able to see that your thoughts impact your emotions, body, behaviour/actions?</p> <p>c. Are you more emotionally aware?</p> <p>d. Are you more aware of your bodily sensations?</p> <p>e. Describe your experience and understanding of the 'Truth' (spiritual) body.</p>	
<p>2. How has the SEJ empowered you to 'stay mentally healthy'?</p>	

3. How has the SEJ enabled you to be happier?	
4. How has the SEJ enabled you to be more resilient?	
5. How will practicing the SEJ (self-enquiry) enable you to make more empowered life choices?	
6. How has the SEJ enabled you to be more self-aware?	
7. Give an overview of how the SEJ training and process helped you?	

<p>8. Describe how the SEJ helped you:</p> <ul style="list-style-type: none"><li>a. to change your thoughts</li><li>b. to change your feelings</li><li>c. to change your behaviour</li><li>d. to change your perception of life</li></ul>	
<p>9. The best things about this training are:</p>	
<p>10. The training could be improved by:</p>	

