**Evaluation**

**'Mindfulness, Behaviour Change and Engagement in Public Policy'**

In-Depth, Semi-Structured Interview

**A. Background questions:**

1. For how long have you worked for the Welsh Government?

2. What are the main duties associated with your current position?

3. What were your motivations in choosing to participate in this course?

4. Had you practised mindfulness before this course?

5. Where you familiar with the ideas and theories associated with behaviour change before taking this course?

**B. Delivery of the course?**

1. Do you feel that the course was delivered in an effective way?

2. What aspects of the delivery of the course do you feel worked well?

3. What aspects of the delivery of the course do you feel did not work well?

4. The Welsh Government is considering running course again, what would you change about the delivery of the course in the future?

**C. Behaviour change?**

1. Has the course been helpful in enabling your to understand theories of behaviour change?

2. Did the Mindfulness practice have an impact on your understanding of the theories of behaviour change?

2.1. If yes, in what specific ways did it have an impact?

3. How would you summarize the insights your have gained into theories of behaviour change?

4. Are the insights you gained into behaviour change theory likely to be useful in your work?

4.i. If yes, it which ways are these insights likely to be useful?

**D. Mindfulness.**

1. Has mindfulness enabled you to understand your behaviour in new ways?

2. Has mindfulness enabled you to understand the behaviour of others in news ways?

3. In what ways (if at all) has your mindfulness practice affected your day-to-day life and sense of general wellbeing?

3.1. Has it affected your relationship with others?

3.2. Has it affected your levels of stress?

3.3. Has it affected your own behaviours?

4. In what ways has your mindfulness practice affected your working life?

4.1. Has it affected your working practices?

4.2. Has it affected your levels of creativity?

4.3. Has it affected the quality of your work?

4.4. Has it made you feel differently about the organization you work for?

5. How regularly have you been able to practise mindfulness techniques?

6. Are you likely to keep your mindfulness practice going in the future?

6.1. If answer is yes or no ask why.

6.2. Are you more likely to continue your practice at work or at home?

6.3. Do you use different practices at work and home?

**E. Overall Evaluation of Course:**

1. Would you recommend the **'Mindfulness Based Behaviour Change in Policy and Engagement' to your colleagues?**

**2. Do you feel that the course should be made more widely available within the civil service?**

**2.1. How would you sell the idea of rolling out the course to the permanent secretary?**

**2.2. What are main benefits of course to civil service?**