

2025 Participant Questionnaire Results

Overview

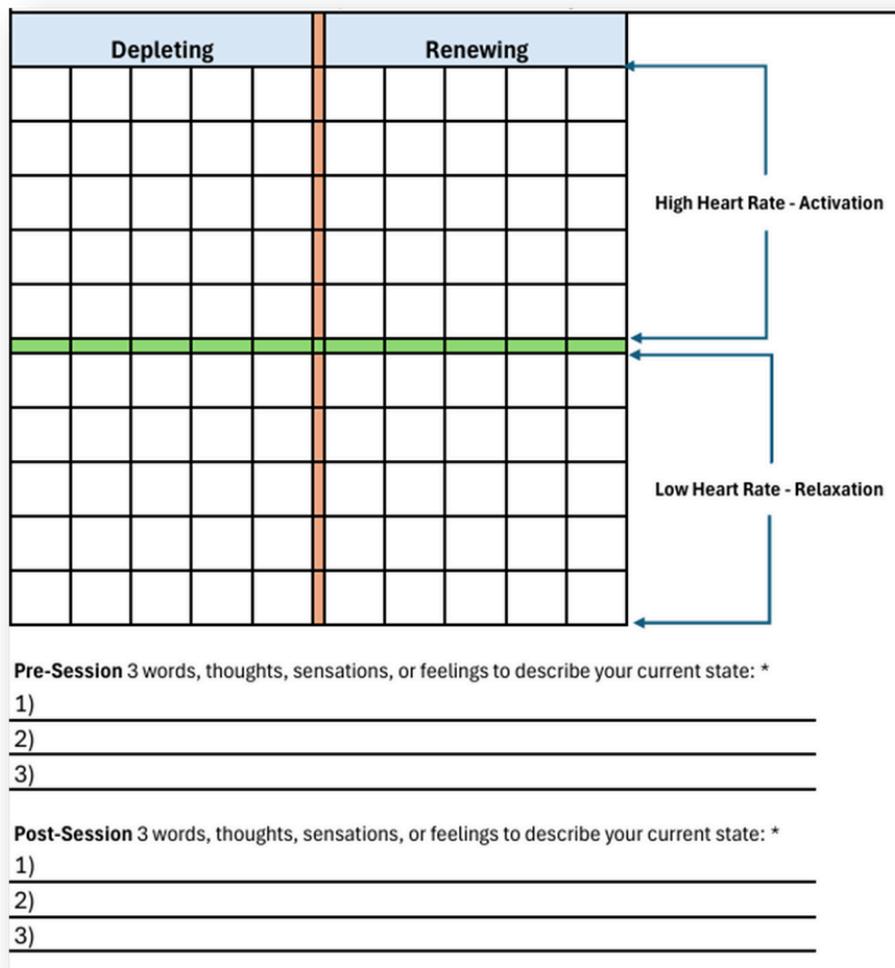
In the Hooches & Heroes 2025 season we initiated our first participant questionnaire. This questionnaire included a graph which was developed from the HeartMath™ Emotions Grid and focused on a felt sense based on observable sensations within the body which correlate to shifts in the nervous system based on feedback from hormones in the blood stream, breathing pattern, and heart coherence.

Background of Study

The Emotions Grid is broken into 4 quadrants:

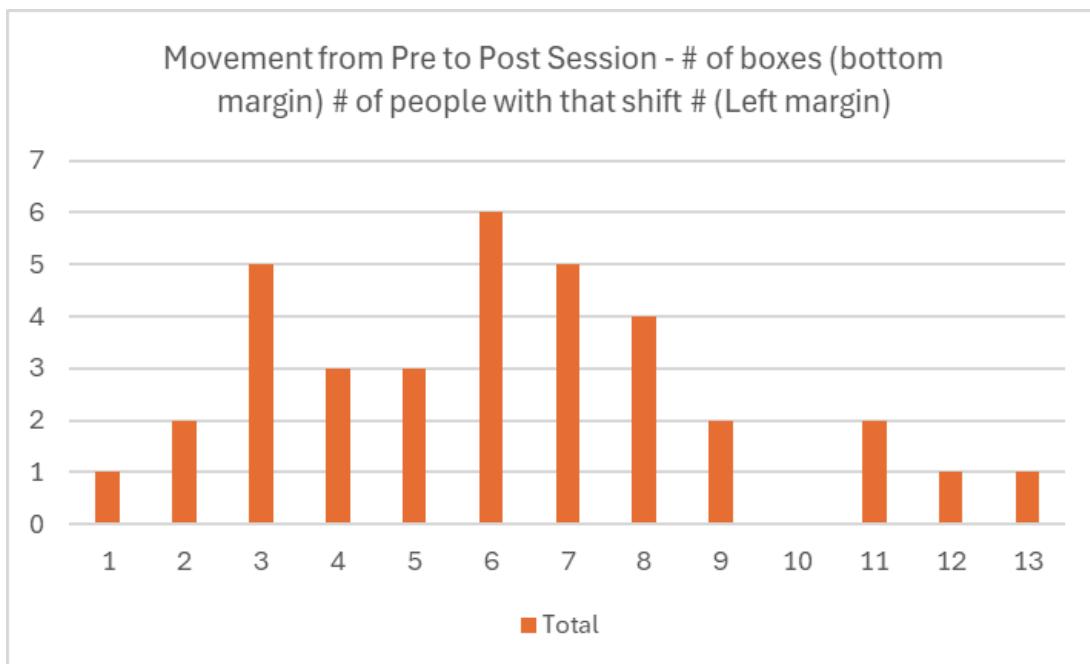
- Activated nervous system with a felt sense of depletion
- Activated nervous system with a felt sense of renewal
- Relaxed nervous system with a felt sense of depletion
- Relaxed nervous system with a felt sense of renewal.

Session participants are asked pre- and post- session to place a mark where they feel they are at baseline within this grid. They are also asked to provide 3 words - descriptors, etc. to accompany that mark before and after session

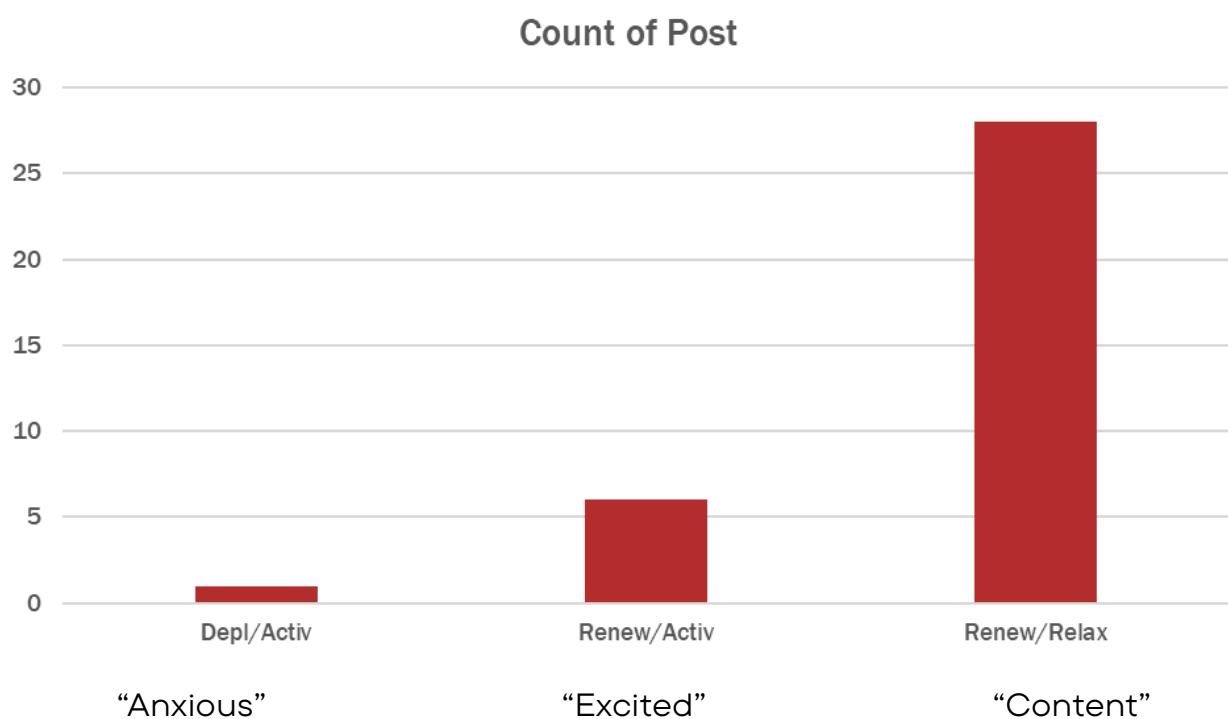
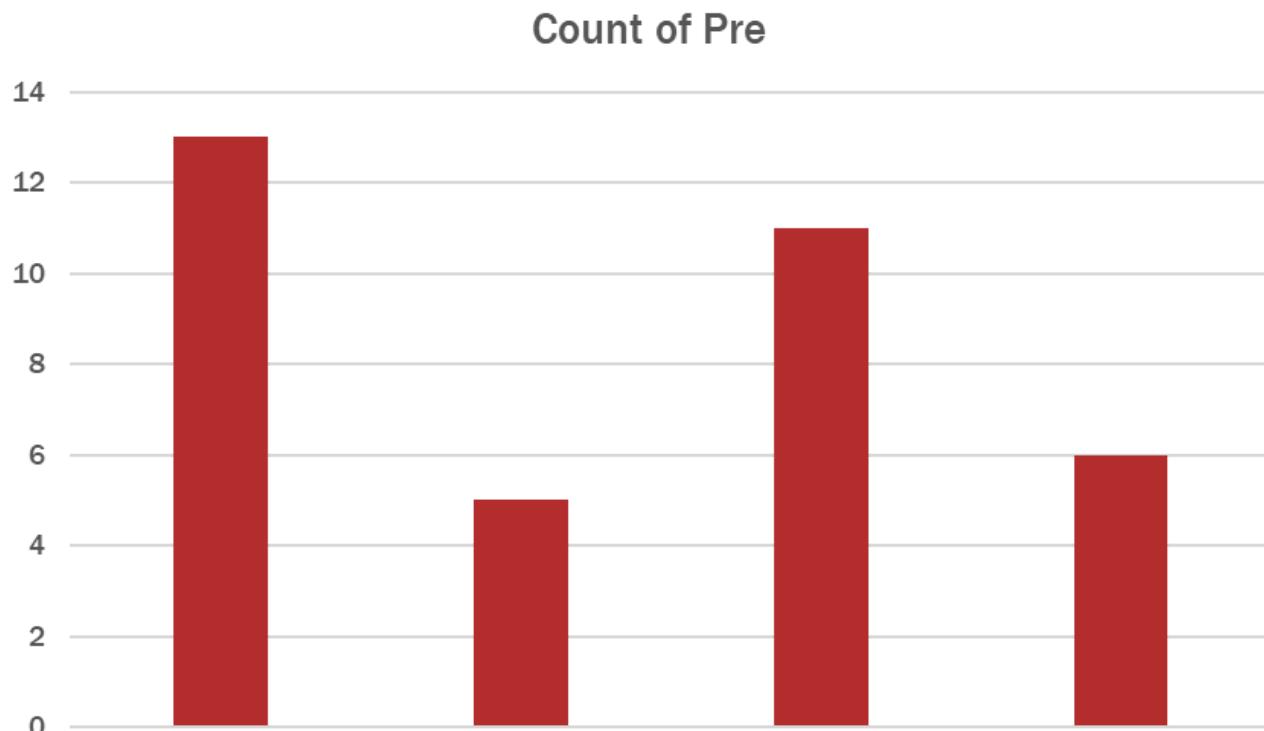


The “pre” mark and the “post” mark are then measured based on how many boxes are between each mark to determine migration during session (if any).

The following graph shows total shift count:



Of the 35 responses returned, the following results showed migration from one quadrant to another quadrant:



Analysis and Next Steps

Hooves & Heroes has established a Program Evaluation Committee and is collaborating with a consultant utilizing the “Getting To Outcomes” framework for research and evaluation. A grant for the 2026 season will fund HeartMath™ equipment for optional real-time heart coherence monitoring during sessions. Development of 3- and 6-month post-participation surveys is underway to assess long-term impacts; these will be distributed to past participants in spring. Additionally, community surveys will be created in 2026 for distribution in 2027 to gather feedback from Veterans, First Responders, and local members to enhance program offerings and outreach.

Conclusion

Initial feedback has shown a positive impact on our target community. We have limited data at this time, and as experiential learning impact is often subjective, long-range impacts and outcomes will be difficult to measure, however, we are investing in technology which will give us real-time feedback of the bio-physiological responses of participants in sessions which will provide more objective data.

References

- www.heartmath.org
- www.e-gto.com/about

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