



MBCT/MBSR Facilitator Self-Evaluation

Title: MBCT/MBSR Facilitator Evaluation Survey

Purpose: Internal reflection and quality improvement by program facilitators.

Section A: Session Delivery

1. The session met the intended learning objectives. (Yes/No)
 2. Participant engagement was appropriate and responsive. (Yes/No)
 3. I felt confident in delivering the materials. (Yes/No)
 4. Time management was effective. (Yes/No)
 5. Session logistics (room, materials, tech) were smooth. (Yes/No)
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Section B: Reflection and Feedback

1. What challenges did you face during the session?
 - *(Open text)*
2. What would you change or enhance for future cohorts?
 - *(Open text)*
3. Were there any participant concerns or feedback shared during or after the session?
 - *(Open text)*
4. What support or resources do you need for future sessions?
 - *(Open text)*