



Course evaluations – as at March 2017

- **85%** of participants **Strongly Agree** that Am I Hungry? is professional and well organized.
- **68%** of participants **Strongly Agree** that they would recommend this program to a friend.
- **79%** of participants **Strongly Agree** that they learned information and tools needed to change their behaviours.
- **89%** of participants either **Agree or Strongly Agree** that they are eating more healthfully than before starting Am I Hungry?
- **85%** of participants **Strongly Agree** that it is likely that they will continue to use what they have learned to "eat mindfully and live vibrantly?"

Here is an example of some of their personal comments:

- This course is great to get to know your body and food. It provides you with the tools to manage your food without being on a diet. Knowing that you are not on the food path alone is comforting. B.C.
- Excellent support and tips for how to eat mindfully - to eat foods in moderation and not regard "good" as being on a diet and "bad" if off a diet. Life should be about balance and moderation in all things. A.S.
- Very informative, thought provoking for changing thoughts, behaviours and actions. I am on track but will need practice to implement all of the changes. N.B.
- I have thoroughly enjoyed every session of the workshops and have been successful in putting the strategies into place. It has been a great experience and I look forward to continuing to eat mindfully and enjoy what I eat but still choosing good food and quantities that assist my health and weight. J.V.
- Useful. Educational. Empowering. I am in charge, not the food. Enjoying what I eat. R.M..
- I found the program exactly what I was after. The program made me aware of triggers for my eating which was a massive learning curve and things I was never taught or had any idea about. B.H.
- The information was presented in an exciting and real (relevant) way. L.S.
- A great course to learn and address a lifestyle change. This is a life changing course.
- Very informative. Good how you are not told what to do, you are taught to really think about things. S.C.
- Very helpful. H.H.
- I believe that this approach will change my life, it has changed how I approach food and my eating habits. I'll never go on a diet again. A.B.
- The most worthwhile course I've ever done. V.T.
- Informal and interactive. Encouraging. M. H.
- More mindful and better each week. K. B.

Jane O'Shea, Accredited Practising Dietitian

- I learnt so much about myself and eating habits starting off in the eat repent cycle to mindful eating. K.P.
- Informative, thought-provoking, empowering, a refreshing approach. L. O.
- This has been life changing for me. I was stuck in an overeating cycle. This course has given me the tools to changing my relationship with food and self-care. S.P.
- I feel completely different about food now. I can nourish my body with what I need and what I want. Thank you for allowing me to be the me I am meant to be. J. B.