

Impact Assessment:

The Peace Education Program
facilitated in Correctional Facilities across four continents:
Europe, Pacific, South America, North America

Analysis of course surveys
from seven countries.

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Prepared for The Prem Rawat Foundation
April 2020

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1.0 INTRODUCTION

1.1 The Prem Rawat Foundation (TPRF)

The Prem Rawat Foundation is a non-profit public foundation created in 2001. The mission of TPRF is to address the fundamental human needs of food, water and peace so that people can live with dignity, peace and prosperity.

Through a variety of programs and initiatives, TPRF is dedicated to helping build a world at peace, one person at a time.

These activities include:

- The **Food for People Program** - taking an innovative approach to helping people in poverty-stricken communities, Food for People is a program that provides hot nutritious meals to children and ailing adults. This Program is currently operating in India, Nepal and Ghana
- **Humanitarian Aid** - since 2001 TPRF has made more than 160 grants to help people in 40 countries
- The **Peace Education Program** - the subject of this report

The efforts of TPRF are funded by donors from over fifty countries. Most of the Foundation's staff, including the Board of Directors, are volunteers. GuideStar and Charity Navigator give TPRF their highest rankings for its commitment to transparency, fiscal responsibility, program results and management.

1.2 The Peace Education Program

Introduction

"The Peace Education Program tries only to achieve one simple thing: it's to put you in touch with yourself" — *Prem Rawat, founder of TPRF.*

The Peace Education Program offers several courses, each consisting of ten multimedia facilitated workshops based on themes designed to explore one's inner resources. The content of each themed workshop is based on excerpts from the international talks about personal peace by TPRF's founder, Prem Rawat. The ten themes of the Peace Education Program are Peace, Appreciation, Inner Strength, Self-Awareness, Clarity, Understanding, Dignity, Choice, Hope and Contentment.

The objectives of the Peace Education Program are for participants to:

1. Understand the possibility of personal peace
2. Become aware of their inner resources such as clarity, hope, and choice
3. Recognize their innate value



Nature of the Program Sessions

The core material for each theme is a selection of video excerpts from Prem Rawat's talks. Sessions also include facilitated reflection time, participant discussion and workbook learning. The interactive, multimedia workshops are non-religious and non-sectarian and the course material has been translated into many languages. There is a workbook for each participant. There are no tests, as the program is about individual self-discovery – something that is unique for each person.

Extent of the Program

In 2019, over 1,100 Peace Education Program courses were attended by approximately 36,000 people in 39 countries. Examples of organizations hosting the Program include correctional facilities, community groups, schools and universities, adult education programs, homeless centres, wellness centres, senior centres and veterans' groups.

The Peace Education Program in Correctional Institutions

This report evaluates the Peace Education Program from the perspective of participants in the Program from correctional institutions.

By the end of 2019 the Program had been conducted in 681 correctional facilities worldwide since Program inception in 2012.

2.0 STUDY OBJECTIVES

The overall objective of this evaluation study was to determine whether participation in the Peace Education Program made a difference in the lives of people incarcerated in correctional facilities internationally. A survey was conducted to measure and assess attitudinal and behavioural change resulting from the Program.

Specific objectives included:

- Assessing before and after ratings of the Program made by participants to see if a positive difference occurred
- Specifically measuring increased understanding of the ten themes in the Program
- Conducting cross-analysis of the results by demographics (age, gender and highest educational level) to determine if the results differed for different groups of participants
- Analysing open ended comments about the Program to determine key themes
- Evaluating the extent of attitudinal and behavioural change resulting from Program participation as revealed from participants' comments



3.0 RESEARCH APPROACH

Overall approach

When they completed the Program, participants were asked for their feedback by filling out anonymous self-completion forms.

Sample size and reliability

For this report, the sample size was n=604 participants who completed the Peace Education Program in 2018 and 2019. Given the relatively large sample, the results are robust and reliable with a maximum margin of error of $\pm 4.0\%$ at the 95% confidence level.

Sample profile by demographics

Survey responses were from seven diverse countries worldwide: USA, UK, Spain, Portugal, Finland, Australia and Trinidad and Tobago. In terms of age, the survey respondents were aged from 20 to 80 with a median age of 42. The **age** profile was as follows:

| Age | n= | % |
|---------------------------------|-----|-----|
| <36 years | 149 | 31% |
| 36 to 50 years | 170 | 36% |
| >50 years | 156 | 33% |
| Responded to the question n=475 | | |

By **gender**, around three-quarters (77%) of the total were males and a quarter (23%) were females:

| Gender | n= | % |
|---------------------------------|-----|-----|
| Male | 354 | 77% |
| Female | 106 | 23% |
| Responded to the question n=460 | | |

Of those who reported their **highest level of education**, 51% had high school education only:

| Highest education level | n= | % |
|---------------------------------|-----|-----|
| Started high school | 120 | 26% |
| Completed high school | 117 | 25% |
| Started a trade | 80 | 17% |
| Started college/university | 57 | 12% |
| Graduate | 64 | 14% |
| Post graduate studies | 28 | 6% |
| Responded to the question n=465 | | |



Survey questionnaire

The questionnaire included two types of questions:

1. Quantitative ratings questions

Peace Education Program participants rated the Program using a Likert rating scale from 1 (strongly disagree i.e. very negative) to 5 (strongly agree i.e. very positive). They indicated their level of agreement with ten statements describing their understanding both before and after participating in the Program.

NB. They gave all their ratings after completing the Program, so the 'before' ratings represent them looking back to before they took part in the Program. This feature of the question design was included for two main reasons:

- i. As the survey forms are anonymous, it would have been difficult to match up before and after ratings if participants were asked to give their 'before' ratings at the beginning of the program and their 'after' ratings at the end.
- ii. Because the Program is designed to increase people's understanding, someone might have given an area a '5' rating at the beginning of the Program (e.g. 'I fully understand what clarity is') but then they may realize they didn't fully know what this meant and so, in hindsight, they might rate their initial level of understanding of 'clarity' as a '3' by the end of the course.

See the Appendix for an example of a completed survey form.

Participants also answered demographic questions about their age, gender and highest education level.

2. Qualitative open-ended questions

Open-ended questions recorded their assessment of the Program in their own words in response to two main questions:

- What did you get out of the Peace Education Program?
- Do you see the Peace Education Program as meaningful in your life?

Survey limitations

Not all countries where the Program took place were included in the survey data, so the results, while very positive, may not be representative of all countries.

Evaluation forms were not handed out by all facilitators and it is possible that the facilitators who distributed the survey were most confident in the results.

Report preparation

The report was prepared by Ace Insights, an independent New Zealand-based research agency. See Appendix Two for an introduction to Ace Insights.



4.0 EXECUTIVE SUMMARY

Both quantitatively and qualitatively, Peace Education Program participants from correctional institutions strongly endorse the value of the Program. When 604 Program participants were asked to rate their level of understanding in ten areas relating to the Program before and after participation, they mostly reported very positive improvements:

- Strongly agree (very positive) ratings increased 3.8 times from 19% of 'before' responses to 72% of 'after' responses. This improvement is statistically significant at the 99.5% confidence level (extremely reliable).
- Total disagree (negative) ratings dropped very sharply from 16% to 1% of the total. This is also a statistically significant at the 99.5% confidence level.
- In all ten areas, there was a big jump in positive ratings, led by "I understand that by knowing my inner strengths and resources I can be more self-aware and live my life more consciously" (+ 57 percentage points). In all ten areas this improvement was again significant at the 99.5% level.
- 89% of course participants reported improvement in at least one of the areas measured and 63% reported improvement in seven or more areas.

Main results of the Peace Education Program, from thematic analysis of open-ended comments were as follows:



Again, from open-ended feedback, main changes arising from participating in the Program were:

- **Attitudinal changes:** Realizing there is still time to change, being willing to change, being able to face past events and feeling empowered
- **Behavioural changes:** Managing anger and avoiding fighting

In conclusion, it appears that the Peace Education Program is having a very positive effect on Program participants internationally.



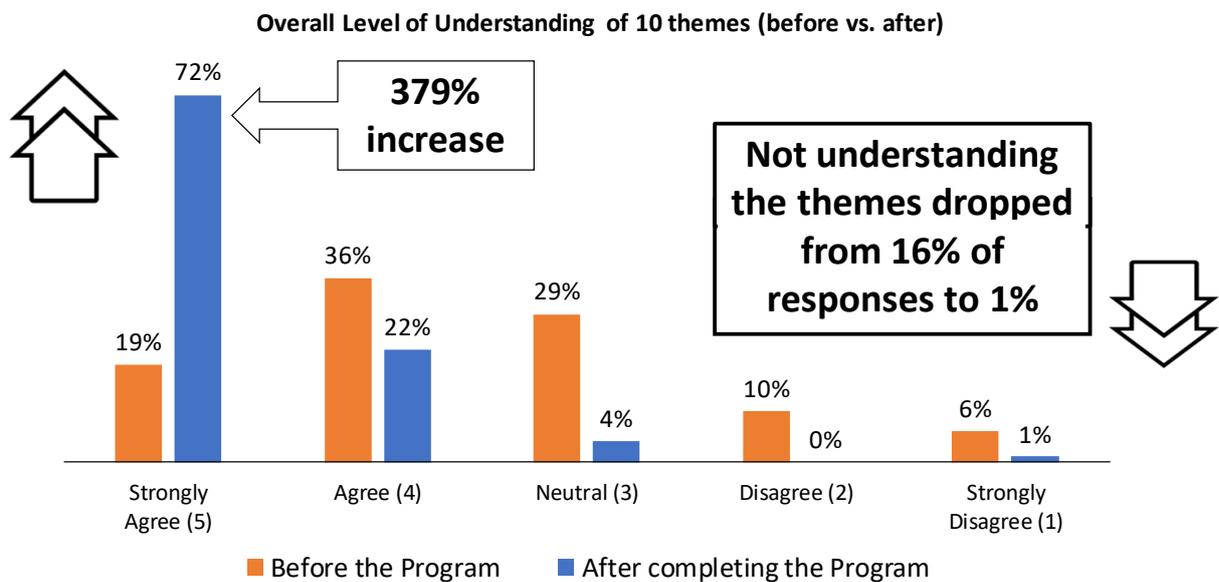
REPORT IN DETAIL



5.0 BEFORE AND AFTER RATINGS OF THE PEACE EDUCATION PROGRAM

5.1 Overall Improvement in Participants' Understanding

As the chart below shows, **participants' understanding improved considerably when comparing their before and after ratings.** Strongly agree (very positive) ratings increased almost four-fold from 19% of 'before' responses to 72% of 'after' responses. Conversely, total disagree ratings (1 or 2 on the rating scale) dropped very sharply from 16% to 1% of the total. These results are **statistically significant at the 99.5% confidence level** (extremely reliable)



Base: n=5,989 'before' ratings and n=5,989 'after' ratings from 604 Program participants



5.2 Improvement in Participants’ Understanding in Specific Areas

The next table summarises **strongly agree (very positive) ratings** for the ten specific areas rated in the survey both before and after completing the Program.

In all ten areas there was a big jump in positive ratings, with the biggest improvement (+ 57 percentage points) for “I understand that by knowing my inner strengths and resources I can be more self-aware and live my life more consciously.” For each statement, the improvement in very positive ratings from before to after completing the Program was **statistically significant at the 99.5% confidence level** (extremely reliable).

“I recognize that I have the freedom and power to make choices, and these daily choices affect my wellbeing.” (79% strongly agree) was the highest-rated specific area after completing the Program.

Recognizing that participants could feel contentment and knowing they can appreciate and enjoy were the lowest-rated areas before the Program (both 16% strongly agree).

Percent giving Strongly Agree (Very Positive) Ratings for Specific Areas of Understanding

| | Strongly Agree before the Program | Strongly Agree after completing the Program | Positive change % points |
|---|-----------------------------------|---|--------------------------|
| I recognize that I have the freedom and power to make choices, and these daily choices affect my wellbeing | 27% | 79% | +52 |
| I understand that by knowing my inner strengths and resources I can be more self-aware and live my life more consciously | 18% | 75% | +57 |
| I am aware that feeling peace in my life is a possibility for me | 17% | 73% | +56 |
| I understand the difference between believing and knowing something from my own experience | 22% | 73% | +51 |
| I am aware that I have inner strength and I can draw on this strength to help me in my life | 21% | 72% | +51 |
| I recognize that there is an innate dignity in being alive, regardless of my circumstances | 19% | 72% | +53 |
| I am aware that clarity is one of my inner resources and being in touch with that clarity will help me in my life | 18% | 72% | +54 |
| I understand that the ability to appreciate and enjoy is one of my inner resources | 16% | 71% | +55 |
| I understand that hope is one of my inner resources that I can draw on to help me move through challenging times in my life | 21% | 71% | +50 |
| I recognize that I can feel contentment regardless of what is happening in my life | 16% | 66% | +50 |

Base: n= 604 participants



The following table summarises **negative responses** to the ten statements i.e. the proportion who disagreed with the statements (giving Strongly Disagree or Disagree ratings).

Comparing before and after responses, a **sharp decline in negative ratings** was recorded for all ten statements. After completing the Program negative ratings dropped to between zero and 2% of the responses. For all ten statements, the decline in negative ratings from before to after completing the Program was again **statistically significant at the 99.5% confidence level** (extremely reliable).

The biggest decline in negative ratings (- 22 percentage points) was for “I recognize that I can feel contentment regardless of what is happening in my life” where around a quarter were sceptical before the Program compared with only 2% after the Program.

Percent who gave Strongly Disagree or Disagree i.e. ‘Disagree’ Ratings for Specific Areas of Understanding

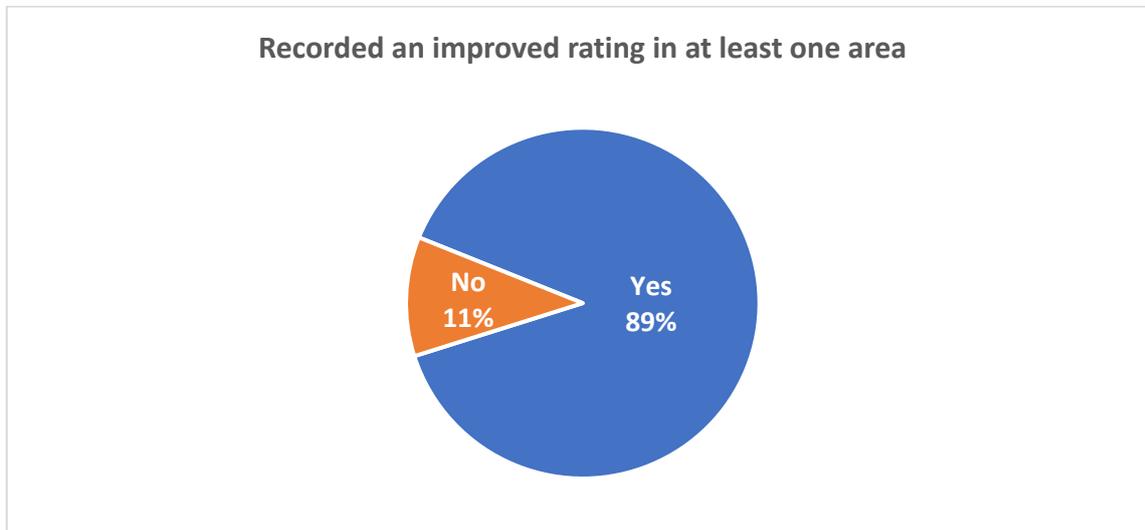
| | Disagree before the Program | Disagree after completing the Program | Decrease % points |
|---|-----------------------------|---------------------------------------|-------------------|
| I recognize that I have the freedom and power to make choices, and these daily choices affect my wellbeing | 14% | 2% | -12 |
| I understand that by knowing my inner strengths and resources I can be more self-aware and live my life more consciously | 14% | 0% | -14 |
| I am aware that feeling peace in my life is a possibility for me | 16% | 1% | -15 |
| I understand the difference between believing and knowing something from my own experience | 11% | 2% | -9 |
| I am aware that I have inner strength and I can draw on this strength to help me in my life | 17% | 1% | -16 |
| I recognize that there is an innate dignity in being alive, regardless of my circumstances | 17% | 1% | -16 |
| I am aware that clarity is one of my inner resources and being in touch with that clarity will help me in my life | 16% | 1% | -15 |
| I understand that the ability to appreciate and enjoy is one of my inner resources | 14% | 1% | -13 |
| I understand that hope is one of my inner resources that I can draw on to help me move through challenging times in my life | 17% | 2% | -15 |
| I recognize that I can feel contentment regardless of what is happening in my life | 24% | 2% | -22 |

Base: n= 604 participants



5.3 Proportion Reporting Improvement in at least One Area

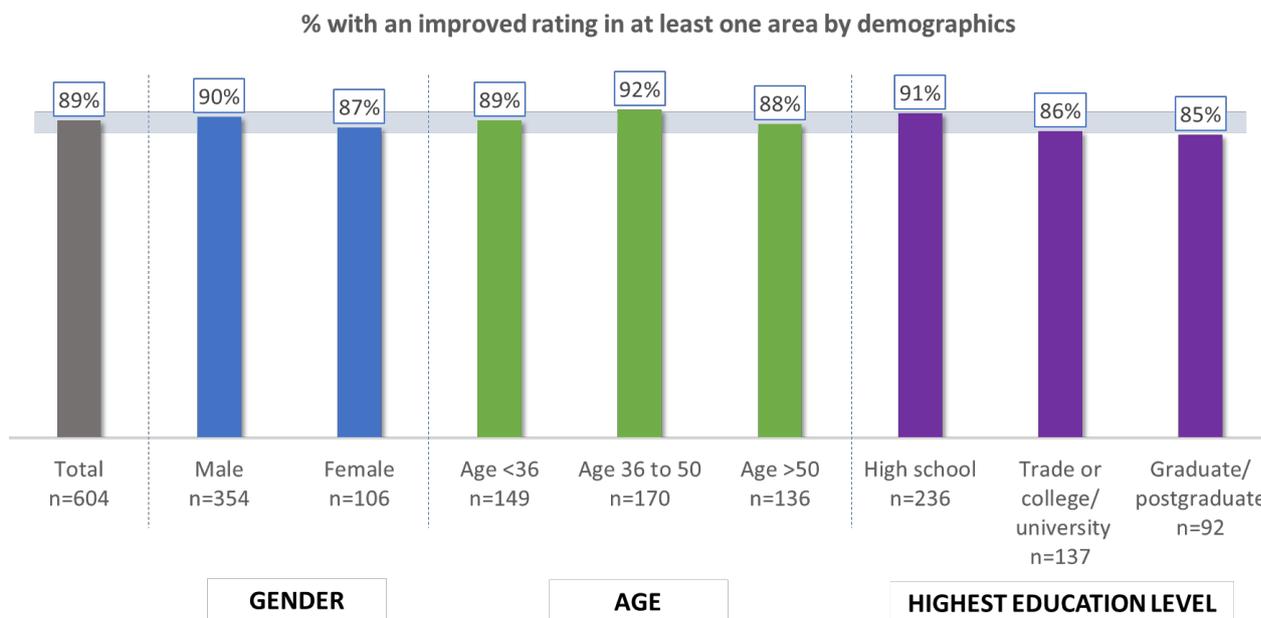
We evaluated the level of improved ratings for the ten areas measured in the survey (these are listed in the tables included in Section 5.2). The next chart shows that **almost nine out of ten Program participants (89%) reported an improved rating in at least one area:**



Base: n= 604 participants

Results for demographic sub-groups.

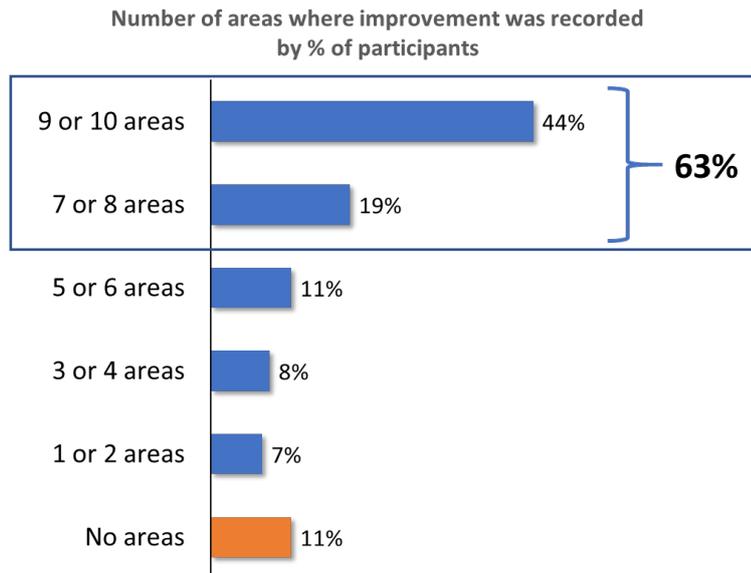
As the chart below shows, **similar very positive results were recorded for all sub-groups by age, gender and highest educational level** – the Program has a positive impact for all types of people.



5.4 Number of Areas where Improvement Occurred

Again, considering the level of improvement for the ten areas measured in the survey (these are listed in the tables included in Section 5.2), we observed that the Program **typically builds understanding across several areas**.

As shown in the next chart, **63% of the Program participants recorded improvements in seven or more of the ten areas** measured. Only around one in ten (11%) of Program participants reported no areas of improvement.



6.0 QUALITATIVE FEEDBACK

6.1 The Program is about Self-Discovery

The following quotations illustrate the theme of self-discovery:

“I’ve gotten understanding, clarity, empowerment.” Participant, Metro West Detention Center, Doral, Florida

“Getting to realize the great attributes of myself and knowing how to reach inside of myself to express them.” Participant, Port of Spain Prison, Trinidad and Tobago

“I’ve learned more about myself than expected and I’m happier today than before I came to these classes.” Participant, Osceola Women’s Prison, USA

“The Peace Program reminds me that I don’t have to look anywhere for peace but inside of me. Since then I’ve looked at life from a new angle.” Participant, Port of Spain Prison, Trinidad and Tobago

“I have gone through very hard times... and this course has helped me to understand myself better, to accept and be more conscious.” Participant, Almeria Prison, Spain

“What I’m looking for is inside of me.” Participant, Her Majesty’s Prison, Leeds, UK



6.2 Main Results of the Program

The following diagram shows the **seven main results of the Program** identified from thematic analysis of participants' open-ended comments:



These results are described in more detail below.

1. Feeling personal peace

As the name of the Peace Education Program suggests, a fundamental aspect of the Peace Education Program is helping people feel personal peace.

The following quotes are from Program participants describing the peace they feel as a result of the Program:

“What made me join this program is I am a Muslim and Islam means peace, and this program really helps me to understand what peace really is and how peace could help us in our daily life.” *Participant, Remand Prison, Trinidad and Tobago*

“I can feel peace despite the chaos, the bars, and the walls that separate me from the material world.” *Participant, Almeria Prison, Andalusia, Spain*

“The workshops have helped me reach a place of peace and tranquillity I never had.” *Participant, Prison in Florida, USA*

“I have a peaceful heart when everything around is filled with turmoil and conflict.” *Participant, Golden Grove Prison, Trinidad and Tobago*

“Gave me a sense of peace in a very difficult unhappy situation.” *Participant, Littlehey Prison, UK*



2. Feeling positive and hopeful

Participants described feeling more positive and hopeful because of the Program.

The following quotes illustrate this feeling of positivity:

“The Program gave me hope.” Participant, Centro de la Mujer de Puerto Lumbreras, Spain

“I’m very excited right now – the Program has helped me find the peace I’ve always wanted.” Participant, Her Majesty’s Prison, Leeds, UK

“I really enjoy the Program. It gives me a sense of hope.” Participant, Her Majesty’s Prison, Leeds, UK

“Well this Peace Education Program has truly made an effective positive impact on my life. It has changed the way I think, because I was always thinking negative. It has basically given me a new approach towards each day that I am granted. Participant, Golden Grove Prison, Trinidad and Tobago

3. Appreciating being alive

Program Participants talked about learning to appreciate being alive.

The following quotes relate to this theme:

“Appreciating things will give you limited peace every once in a while. However, if you appreciate life itself you can live a life like no other. Participant, Metro West Detention Center, Doral, Florida

“I learnt to appreciate every second of my life.” Participant, Port of Spain Prison, Trinidad & Tobago

“It’s a beautiful thing this life and living, a beautiful thing.” Participant from a prison in Florida. USA

“Everything I used to see and feel negatively I began to feel positively. How did I do it? Appreciating myself first.” Participant, Almeria Prison, Spain

4. Looking at life differently

People who participated in the Peace Education program mentioned having a new perspective on life.

The following verbatim quotes illustrate this different perspective:

“It makes you think in a different way.” Participant, Leeds Prison, UK

“There were a lot of things that are self-evident, but I had never thought about them.” Participant, Hämeenlinna Prison, Finland

“I just would like to thank you for having given me another perspective about life.” Participant, Alicante Prison, Spain



“I began to look at things differently. Certain things that would have upset me I learned to see the bigger picture.” *Participant, Anfas Pamplona Prison, Spain*

5. Developing a greater understanding

Program participants talked about learning to understand themselves better, including issues that had affected them in the past.

Some quotes below illustrate this theme:

“It gave me the chance to reflect on the choices I have made.” *Participant, Leeds Prison, UK*

“This Program is very important because it helps us get a better understanding of our inner self.” *Participant, Malgrat de Mar Prison, Spain*

“Getting to realize the great attributes of myself and knowing how to reach inside of myself to express them.” *Participant, Port of Spain Prison, Trinidad and Tobago*

“Since the first time I attended the program I changed a lot in the way I see things, for the better.” *Participant, Caxias Prison, Spain*

“Gives a chance for me and others to broaden our outlook.” *Participant, Thameside Prison, UK*

6. Applying learnings from the Program

Participants talked about applying the Program practically in their lives.

The following quotes relate to applying the Program learnings:

“I see a lot of hate in the world and so I apply the Program teachings to bring peace to myself and others.” *Participant, Metro West Detention Center, Doral, Florida*

“I will enhance peace in the world by living, speaking and acting peacefully in my own life.” *Participant, Remand Prison, Trinidad and Tobago*

“I have learned techniques to communicate better with others.” *Participant, from Florida, USA*

“I’m still learning but I have some tools to better understand my life.” *Participant, Metro West Detention Center, Doral, Florida*

“The understanding that it gave me of what living really is. The understanding that I am as I am. These are teachings that I will never forget. I’ll remember them each and every day.” *Participant, Caxias Prison, Spain*

“When I read the written material of Prem Rawat, it helps me a lot, especially in the most difficult moments, I always find the answer.” *Participant, Almeria Prison, Spain*

“Moving forward, I take with me many precious things from this program. Thank you so much for this most wonderful gift I’ve been given.” *Participant, Alicante Prison, Spain*



7. Feeling thankful

Many program participants expressed their gratitude for the Program and how it helped them in their lives.

In the quotes below they express their thanks:

“I would like to thank the Prem Rawat Foundation for everything I gained from this program and wish you continued success in transforming others’ lives.” Participant, Metro West Detention Center, Doral, Florida

“I would like to thank all the coordinators and all the people who took their precious time to come out for us to learn something and also not just to learn but apply it into our lives. Jazakallahu khairan. May Allah reward you with good.” Participant from Trinidad and Tobago

“I’m glad and thankful in my heart for this peace program, because I have found true peace within myself.” Participant from Trinidad and Tobago

“I’d like to thank the volunteers, because in this place one is persecuted by many demons and fears. And the volunteers have helped me banish them.” Participant, Almeria Prison, Andalusia, Spain

“I would like to express my deep gratitude for this opportunity.” Participant, Littlehey Prison, UK

“I just would like to thank you for giving me another perspective about life.” Participant, Alicante Prison, Spain

“The classes that I have attended have moved me in a wonderful way, and I feel fortunate. Thank you very much to this team of professionals who present us with this message.” Participant, Almeria Prison, Andalusia, Spain

“I took my family and freedom for granted. And now that both of those are taken away, I want them back. I didn’t really appreciate my family or my freedom and now I do. So, I appreciate these kind and generous volunteers for coming and trying to help me.” Participant, Henry Wade Juvenile Justice Center, Dallas, USA

6.3 The changes that Program participants reported

Both incremental and transformative change

As reported in section 5.3 of this report, 89% of those surveyed reported positive change in at least one area of the Peace Education Program. Some reported small incremental changes. However, the majority reported transformative change in their lives. Some verbatim quotations below illustrate the types of change involved:

Incremental change

“It changed certain things I needed help with.” Participant, Thameside Prison, UK

Transformative change



“I have transformed from caterpillar to butterfly and I am very grateful.” *Participant, Almeria Prison, Andalusia, Spain*

“It has given me a positive rejuvenation of attitude.” *Participant, Littlehey Prison, UK*

“It changed my life, change my thinking.” *Participant, Caxias Prison, Spain*

Thematic Analysis of the Changes Reported

The diagram below illustrates five main aspects of the changes reported:



These changes are described below:

1. Realizing there is still time to change

Some participants remarked that they had realized they still had time to change their lives for the better. Illustrative quotations follow:

“No matter how much wrong I may have done in the past, the Program made me aware that there is still time for reform.” *Participant, Golden Grove Prison, Trinidad and Tobago*

“I’ve learned what I need to do to never re-offend.” *Participant, Her Majesty’s Prison, Leeds, UK*

2. Being willing to change

Participants mentioned that the Program had made them open and willing to change their lives, as indicated in the following verbatim quotations:

“Two things I would like to change within myself are Dignity: learn to respect myself and stop devaluing myself, and Ignorance: ignorance has cast its dark shadow upon the hearts and minds of men.” *Participant, Trinidad and Tobago*

“I totally trust the program. I believe that all of us can improve.” *Participant, Malgrat de Mar prison, Spain*



“It made me look at myself in a new light and turned on a light inside of me that I can change for the better.” *Participant, Rhode Island Maximum Security Prison, USA*

3. Being able to face past events

Some Program participants reported that the Program gave them the ability to face previous events and issues in their lives:

“I saw the Program as a means of identifying the real problems affecting my life and dealing with them directly.” *Participant, Port of Spain Prison, Trinidad and Tobago*

“Continuing in Prem Rawat’s field of studies in peace I believe would help me solidify my train of thoughts in conquering past events of my life that I was unable to overcome.” *Participant, Trinidad and Tobago*

“I become aware of my situation and priorities that I gave myself.” *Participant, Centro Civico de Sant Oleguer de Sabadell, Spain*

“I wish there were more courses of this kind, because if we had known more things that we now know, possibly we would have avoided many circumstances that we have in the past.” *Participant, Alicante Prison, Spain*

1. Feeling empowered

Some Program participants noted that they felt empowered as a result of taking part:

“I like mostly how I would feel after each session. I also like listening to Prem speak - I feel empowered.” *Participant from Trinidad & Tobago*

“I’ve gotten understanding, clarity, empowerment.” *Participant, Metro West Detention Center, Doral, Florida*

“When I entered the jail I sank completely, I touched bottom and entered into depression... I did not know how to get out... When I listened to Prem Rawat I began to feel, and he moved me so much that he gave me that impulse and that strength that I needed so much to go afloat. And now that I am in prison, I feel free!!!” *Participant, Centro Penitenciario, Almeria, Spain*

“Thanks to this bad experience of being in this physical prison, I was able to see where my problem lay; it was inside me. It may be hard to believe, but I am grateful to the Universe for all this, since its led me to know the peace that I needed.” *Participant, Caritas Ibiza prison, Spain*

2. Being able to manage anger and avoid fighting

Another aspect of the Peace Education Program is helping people in correctional facilities to manage their anger and avoid fighting:



“While we are in prison if someone gets you vexed, control yourself and just walk away.”
Participant, Golden Grove Prison, Trinidad and Tobago

“Recently, a guy wanted to take me on. Before, I’d not hesitate to get my knife. But since the Program, I went inside myself and then said, ‘What’s up man? You need a hug or something?’ He was shocked.” *Participant from Everglades Correctional Institution, Florida, USA*

“I have been in a lot of fights since incarcerated ... I have been to your session because of that or those incidents and have learnt to hold my tongue and my hands at my side or be silent even when I am being provoked by others. Your sessions have given me the power to assess a situation even as escalated and aggressive as it is.” *Participant from Trinidad & Tobago*

6.4 Feedback on the course content and style

In general, the course participants were very positive about the course content and style, as illustrated by the following comments:

“I liked the handouts on the themes. The audio visuals. The warm and friendly lecturers.”

“I liked the stories Mr. Prem tells.”

“I really like the style of presentation used by Prem.”

“I liked that it was not a religious Program.”

“Time spent on reflections. Video presentations kept us engaged.”

“I loved watching the videos.”

“To me, is perfect.”

“The videos have been very good. and the professionals have explained all the content very well.”

“How practical and dynamic it has been!”

“I thought it was very short; if there were twenty more workshops, I would be there!!!”



APPENDICES



Appendix One

Example of a self-completion form rating the Peace Education Program

Survey

Please fill out this survey at the end of the last session

Thank you for taking the time to participate in this survey. Your feedback will be helpful to us in continually improving aspects of the Peace Education Program. Remember, this is just your feedback. There are no right or wrong answers. Your individual responses will be kept private.

1. Please consider how your feelings, perspectives, outlook and understandings have changed towards yourself and life as a result of completing the Peace Education Program. Using the scale of 1-5, indicate how much you agree or disagree with the statements below.

1=strongly disagree; 2=disagree; 3=don't know; 4=agree; and 5=strongly agree.

| Before Workshop | Statement | After Workshop |
|-----------------|--|----------------|
| 1 | I am aware that feeling peace in my life is a possibility for me. | 4 |
| 2 | I understand that the ability to appreciate and enjoy is one of my inner resources. | 5 |
| 1 | I am aware that I have inner strength and I can draw on this strength to help me in my life. | 4 |
| 4 | I understand that by knowing my inner strengths and resources I can be more self-aware and live my life more consciously. | 5 |
| 3 | I am aware that clarity is one of my inner resources and being in touch with that clarity will help me in my life. | 5 |
| 1 | I understand the difference between believing and knowing something from my own experience. | 3 |
| 3 | I recognize that there is an innate dignity in being alive, regardless of my circumstances. | 3 |
| 5 | I recognize that I have the freedom and power to make choices, and these daily choices affect my wellbeing. | 5 |
| 2 | I understand that hope is one of my inner resources that I can draw on to help me move through challenging times in my life. | 4 |
| 1 | I recognize that I can feel contentment regardless of what is happening in my life. | 5 |



Appendix Two.

Introducing Ace Insights

Ace Insights is a market research company based in Kerikeri, New Zealand. Ace Insights is completely independent of TPRF.

Ace Insights is managed by Donald Sheppard, a highly experienced insights professional with over thirty years' experience conducting, analysing and reporting on market research studies.

Donald worked for several major research companies in New Zealand such as Nielsen NZ, Colmar Brunton and Kantar before establishing Ace Insights in 2019.

His experience covers many business sectors including financial services, telecommunications, manufacturing, media and the public sector.

He has advanced quantitative and qualitative skills covering all aspects of the research craft including questionnaire design, field management, conducting focus groups and executive interviews, analysis, reporting and presenting results.

His experience spans many fields of market research including:

- Many customer and user experience projects
- Employee engagement surveys
- Brand and communication studies
- New product evaluation
- Price modelling
- Social research programs
- Segmentation projects

Donald has been recognized by the market research profession in New Zealand and won a Platinum Market Research Effectiveness Award for customer experience research in 2016. He has lectured on market research at Auckland University of Technology.

Refer to the Ace Insights website: <https://ace-insights.business.site>

