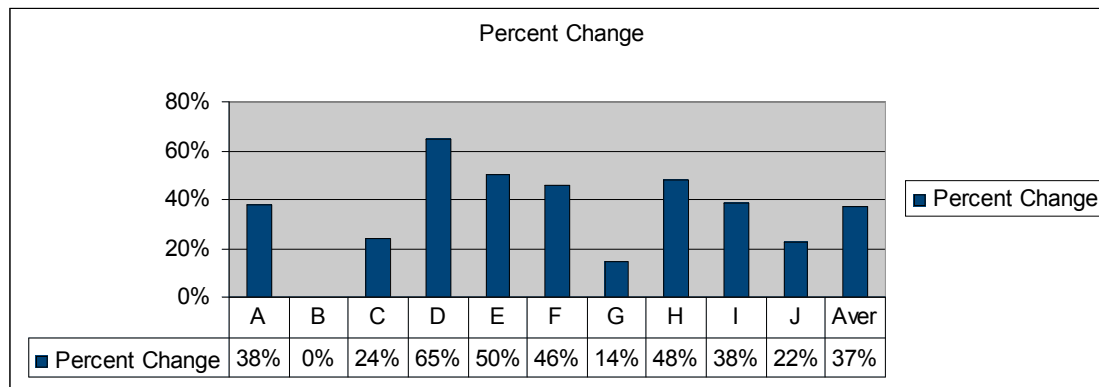
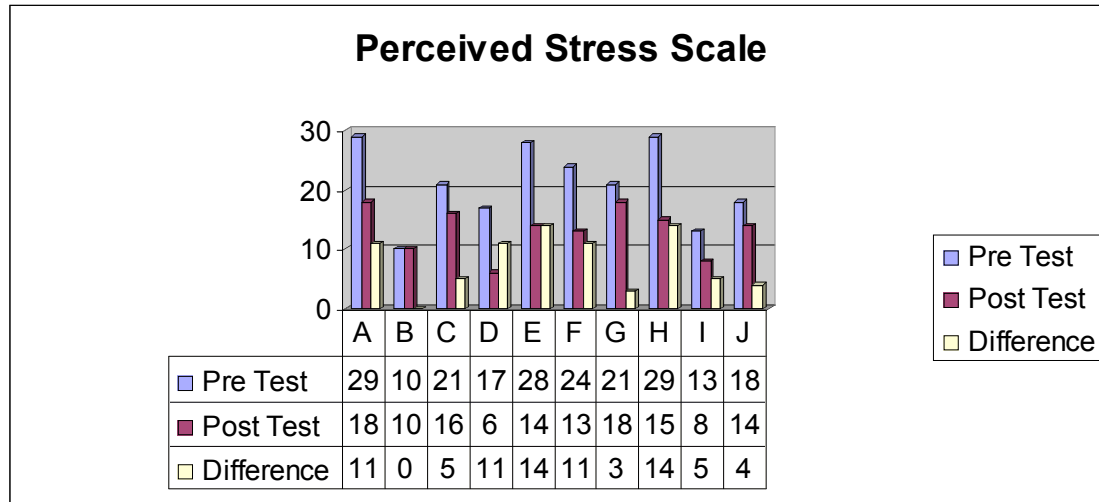


# The Holden Arboretum 2006 Circle of Life Group

10 employees of The Holden Arboretum participated in a 7 week Circle of Life program. The first session, a 3.5 hour mini-retreat, was followed by 6 1.5 hour sessions weekly. The group was offered during the work day and participation in this group was completely voluntary. The group consisted of 9 women and 1 man.

Participants completed the 10 question Perceived Stress Scale (PSS) published by Sheldon Cohen, 1994 before the first and after the final session. On average, participants perceived stress level decreased 37% by the end of the 7 weeks. See the charts for more details.



Overall the program received favorable reviews. Participants cited feeling less “scattered” and stressed and more able to move forward in areas of personal growth. They also felt like they acquired additional tools to be able to manage stress better. Increased understanding, improved relationships and communication with their coworkers were also cited as a benefit to the program. Participants felt that the Circle of Life positively impacted their work life by increasing their confidence and clarity, as well as increasing their focus and productivity.