

Questionnaire for measuring personal growth

1. During the course of education, or upon its completion, did the following changes occur on a personal level? (mark with X: 1 - I completely disagree, 2 - I disagree, 3 - I cannot decide, 4 - I agree, 5 - I completely agree). You can also add your own findings in the boxes below and evaluate them similarly.

	I completely disagree	I disagree	I cannot decide	I agree	I strongly agree
	1	2	3	4	5
Changes in the perception and conception of one's life story and the discovery of one's own sources of power					
Deeper and more complex awareness that benefits me in different areas of life					
Self-sensibility					
Sensibility to your body					
Sensibility in relationships with others					
Sensitivity to nature and the environment					
Recognizing new perspectives on solving and recognizing life stories					
Deeper recognition of (self) responsibility					
Focus on "here and now"					
Positive evaluation of direct experience					
Easier and better restoration of psychological balance and inner calmness					
Reinforcing the confidence that things are happening in life with a specific purpose, that there are no coincidences, that nothing is impossible					
More successful resolution of conflicts and difficult situations on a personal level					
Positive orientation in forming self-image					
Better acceptance of oneself					

Recognizing and accepting one's personality boundaries					
Less defensive actions					

2. During the course of education, or upon its completion, did the following changes occur on a professional level? (mark with X: 1 - I completely disagree, 2 - I disagree, 3 - I cannot decide, 4 - I agree, 5 - I completely agree). You can also add your own findings in the boxes below and evaluate them similarly.

	I completely disagree	I disagree	I cannot decide	I agree	I strongly agree
	1	2	3	4	5
Calm and relaxed					
More holistic view of people					
More holistic view of upbringing					
Better insight into situations					
Greater motivation					
Less anxiety					
Increased creativity and confidence in own work					
Including intuition and emotions in decision making					
Discovering new work and research areas					
Better communication and collaboration with colleagues					
Establishing a healthy work/life balance					
Establishing a healthy distance to work and colleagues					
More successful resolution of conflicts and difficult situations in professional life					
Increased sensibility and empathy in relationships with colleagues					
Easier identification of personal crises of individuals and acquiring more appropriate forms of reaction to them					

Better response in difficult situations					
I do not experience professional challenges with fear, but accept them as an opportunity					

3. Were there any significant changes in your personal life during your education or upon its completion? Can you list those changes?

4. Were there any significant changes in your professional life during your education or upon its completion? Can you list those changes?

5. Please evaluate to what extent you perceive a positive change in your satisfaction with personal life after education?

1-very small, 2-small, 3-neutral, 4-large, 5-very large

6. Please evaluate to what extent you perceive a positive change in your satisfaction with professional life after education?

1-very small, 2-small, 3-neutral, 4-large, 5-very large

7. Which topic was crucial for your personal growth? (Sort by relevance. Highlight important matters in the description.)

- a. Integration of my personality – Tree
- b. Messages from my parents - My backpack
- c. This is me – Modelling
- d. Permanent and temporary relationships – Sociogram
- e. Visions, goals and communication - Looking to the future

8. Which of the following methods of work have particularly influenced your personal growth? (Choose up to three.)

- a. Searching for and identification of symbols
- b. Dancing
- c. Guided imaginative meditation
- d. Artistic expression and modelling
- e. Verbalization and "reading" of pictures - a process with an individual in a "small" group
- f. Creative writing
- g. Body work and exercises
- h. Theoretical explanations

- 9. How has education influenced your view of your childhood and adolescence?**

- 10. How has education affected your view of relationships in your primary family (relationships with parents, siblings)?**

- 11. How has education influenced the formation of your permanent (family) relationships?**

- 12. How has education influenced the formation of your temporary (colleagues and friends) relationships?**

- 13. How has education affected your spiritual, ethical and moral dimensions of life?**

- 14. What obstacles and barriers do you still encounter in your personal life?**

- 15. What obstacles and barriers do you still encounter in your professional life?**