**Facilitators in THRIVE:**

“Nice to be involved in something with a wellness focus versus a pathology focus. Happy to see that becoming more of an emphasis in health care in general, and at the VA specifically. I think taking a wellness emphasis is where we can get our biggest additional gains in patient health outcomes.”

“I think it definitely pushes the needle over to the positive end of the scale in regards to job satisfaction because I love helping people. Seeing their eyes be opened when they hear something that “clicks” with them is great and makes all the time worth it!”

“Honestly, I look forward to Wednesdays. It is easy to be skeptical of THRIVE on paper, but being a part of it makes me feel as if there is an actual change from the “Find it, Fix it” style that is primary care right now. THRIVE has potential to improve and grow and reach Veteran’s in more ways than just as a clinic or hospital.”

**“**Improved job satisfaction. Helping to build relationships with other disciplines and open dialogue to collaboration beyond THRIVE. It feels like the VA voices principles are being implemented through THRIVE.”

**“**Overall a great feeling of completeness and satisfaction in helping pts achieve their health care goals by presenting the information to them and helping them to understand better.”

“I very much look forward to THRIVE.  I connect with the Veterans in a different way than I do with my work.  THRIVE adds meaning to my week and I feel proud of the outcomes I am seeing with the Veteran’s.  The program statistics can speak for themselves but anecdotally, the Veterans are reporting positive outcomes from the workshop.”

\*\*Overall feedback indicated an increase in job satisfaction.

**Staff who completed mini THRIVE:**

“Help me be more grounded.”

“I will focus more on my own well-being.”

“It will help me to focus my wellbeing personally, so that I am at my full best here at work.”

“I hope to offer it at my CBOC”

“Learning to really focus on what is important in my life and how to increase living my life to the fullest.”

“I think that it should be a MANDATORY training for all employees 😊”

**Staff in THRIVE immersion:**

“Thank you for allowing me to attend thrive immersion. I was very rewarding experience. In my view every provider should be given this opportunity to attend this 3 day program. Dr Cornell and her team are excellent. I learn a lot and I am trying to implement what I learned. I highly recommend that other providers are given this opportunity.”

“This program was truly amazing, I feel this needs to be offered to every provider in our system mandatorily, as it makes you re-evaluate some values in your lives or how to deal with things. I would be interested in facilitating in the future, if Dr. Khaw agrees in the future. That is after October 2019. Thank you for a wonderful experience, I would like to help and be immersed in thrive program more.  I think this gives us a great tool to live our lives each day.”

“Thanks for the opportunity to experience the Thrive immersion.  It was so nice to be in such a positive environment. It boosted my self confidence in many areas of my life. I have been able to stick to my exercise program, walking 1 mile am and pm (on elliptical machine before work and after evening meal and about 1 mile during my normal day. I have gone back to calorie counting (for awhile anyway) for weight loss since that has worked in the past for me.  Also using mindfulness with meals. Started eating breakfast again and have lost 3 lbs so far.”

“I loved this experience and I will promote this to all the patient’s I see in the different Primary Care clinics (and flu shot table). I’ve been practicing my breathing and mindfulness all throughout my day, especially when I feel the “struggle switch” get flipped. You have such a warm, caring presence that is so refreshing to see here at Bay Pines. You’ve got my support for the Thrive program and if there is something I can do, just let me know.”

“The THRIVE immersion experience had a very positive impact.  I have adopted some new behaviors such as:  I write down three things that I am grateful for daily.  I am paying attention to how I feel and how the feeling is affecting me.  I also have utilized the skill that if I have a thought that is evoking an anxious feeling, I separate the thought from “me”  and then the anxiety feeling vanishes. Like the analogy, I am the theater and the thought is the movie.”