

2018 YES! Alumni Survey

A total of 128 surveys were filled out in March 2018 by Google forms. This marks the 7th bi-annual survey since we began in 2006. Each statement below is preceded by the total percentage of those feel each statement is sometimes true to very true, per the survey responses of participants in the 2016-2018 program offerings (n=103). The narrative statements to open questions are highlighted as well. For complete responses, separate reports are available. These results are also available

Perceptions of the Jam

97% feel Jams are unique spaces for young changemakers to engage with each other.

99% feel Jams foster deep inquiry, healing and well-being.

97% feel Jams are effective in creating intentional spaces for love and spirit.

98% feel Jams seek and create transformation on the inner level.

97% feel Jams seek and create transformation on the interpersonal level.

95% believe Jams seek and create transformation on the community/global level.

98% feel their whole self is welcomed at the Jam.

Perceptions of the Jam's Impact

100% feel they made important and valuable contacts at the Jam.

99% feel they have sustained friendships and alliances created at the Jam.

96% feel they learned new skills or perspectives that enhance my life.

92% felt they learned new skills or perspectives that enhance my work.

93% feel since the Jam, they are more aware of interconnections among issues and movements, and my vision of the future reflects this understanding.

87% feel since the Jam, they see more benefit in collaborations between organizations and movements.

92% feel since the Jam, they more likely to seek collective intelligence and diversity of perspectives in their decision-making.

92% feel since the Jam, they have taken better care of their physical, spiritual and/or emotional health.

91% feel since the Jam, they have created more life balance to help them thrive in work/activism.

95% feel since the Jam, their relationships with others are more honest and/or meaningful.

91% feel they have greater capacity to resolve conflicts constructively after the Jam.

93% say their work/activism feels more intentional and effective after the Jam.

90% feel their work/activism is more congruent with their values after the Jam.

76% feel since the Jam, they have been a more effective fundraiser, administrator and/or spokesperson for their work.

Your Perceptions of the Jam Community

100% feel the Jam Community is a strong network of people and support.

100% feel the Jam Community is a wealth of information and resources.

96% feel the Jam Community influences their awareness of interconnections among issues and movements, and their visions of the future reflects this understanding.

84% feel since the Jam, YES! has been there to support them or their work in ways that have mattered.

92% feel since the Jam, other members of the Jam alumni community have been there to support them or their work in ways that mattered.

What was one of the most practical and/or meaningful things (insight, skill, awareness) that came out of the Jam for you?

Reflections here conveyed the power of the finding acceptance and support in the group without losing a sense of self. Four sample stories from alumni are included below highlighting the opportunities for growth in practical ways:

"That among younger participants I was accepted and honored for who I am, my wisdom and experience. It is not solely for young changemakers and I was grateful for the opportunity to learn and grow alongside them."

"The Jam in Senegal was really impactful in my awareness of my own identity in terms of race and the diversity, issues and history behind my own and the world's interrelationships based on race. Although some work came before and after the Jam itself, the insights that came from our time together were important milestones that deeply enhanced my understanding and the impact of identity and diversity in my life for what I learned and my choices over the years."

"I was inspired by the Jam space. I have spent lots of time in heady, judgmental, tense activist spaces, and this was one of the most holistic, joyful spaces I've experienced (with adults) that invited the whole of each person-- history, emotions, questions, slowness-- to the table of change-making."

The value of the container w/pause and presence to gain new awareness. I hadn't realized until the Jam that what I thought was a perfectly healthy boundary was actually me using avoidance in the Panic Zone. Time, space and honesty with self and community supported me to enter the Stretch Zone to successfully break out of an old habit and embrace healthier ways of being in relationship with self, others and my work."

How has your Jam experience impacted your work in the world?

Five feature reflections, from people working on different types of issues from the personal, interpersonal, and systemic lens:

"After attending 2 Jams I went on to organize and facilitate 5 Jams at home in NS where there hadn't previously been a Jam community. It's been amazing. The ways we are introducing and integrating a culture of love, compassion, deep listening and speaking our truth is transforming our Gaelic community little by little. We worked so hard at planting the seeds back in 2013-2015, and now those seeds are sprouting and it warms my heart to see it. Because of the work we're been doing together at the Jams we are better able to face conflicts and difficulties outside of the Jams now. I see my community members feeling more connected and I too feel more connected. When we feel connected, at home, and like we belong (as we learn at the Jams) that creates a fertile planting ground for us to grow into our fullest, brightest, best selves...I've also been introducing Jam activities and teaching to the staff (of about 35 people) at the Highland Village Museum in Nova Scotia."

I was a clinical psychologist before I came to Jam, I realized that the profession doesn't serve me enough in the way I practice it and since then I am in the path of finding new ways to connect people

with themselves and others. I have created a special space where people can gather for various activities which also serves as an art studio for myself.

“The jam experience and its curriculum helped me to evolve my gender curriculum to add more depth to the designed experiences and spaces- which made it much more impactful.”

“I brought some of the Jam practices into SURJ Toronto--like check-in circles and written affirmations of other group members--and they really contributed to a healthy and supportive group culture that is rare in activist groups in this city and that I think makes our group more effective e.g. by attracting and retaining new members.”

“Absolutely!! With no question. The self-forgiveness exercise I experienced at the Jam was transformational, it was a moment to stop at when I got to know that there are things I am unable to forgive myself for (the first time I did this exercise) and since then I have been working much more on my self love and care to be able to forgive myself and hence allow love to flow to me and be able to love others and be more present with them authentically. I currently practice meditation and mindfulness as a regular daily practice, I do yoga as a weekly practice (twice a week at least), I eat with much more healthy choices, I connect to nature differently and seek every possible opportunity to connect to nature whether inside or outside of the city. I am able to act on the many projects I work on from a place of spaciousness rather than a space of stress. I notice my emotions and thoughts and I don't judge them but rather create space from them. I am developing my muscle all the time to shut my inner critic. And I am just being myself among people regardless of wherever I am.”

How many people do you reach directly through your work? How many people do you reach less directly or indirectly through your work?

Direct impact ranges from 25 to 100,000 people and average is 5,447 people. Based on 4,000 estimated Jam alumni (up from 1,500 in 2016) at this point, we can project YES! Jammers' directly impact nearly 22 million people.