

Circle of Life Research Study Description

Welcome to the CoL Metrics Research Study - a collection of data, with the help of our coaches, that shows just how effective the Circle of Life Process can be! We are glad to share the results with you after we process the data.

General Information about this study

We are using this tool to compile statistics (from as many COL Coaches as we can) on the effectiveness of the COL process in reducing generalized stress and assisting participants in fulfilling their goals. If we can show reduced stress and increase life satisfaction, especially long term, with reliable and validated research tools such as the PSS (Perceived Stress Scale), the MYMOP (Measure Yourself Medical Outcome Profile) and a few questions that the Circle of Life team designed, we can statistically validate the use of COL for professional and academic groups as well as for individual and corporate clients. As we collect data about the effectiveness of COL in different groups we can use the information to generate more opportunities for our COL Coach Community, become more recognized professionally, and apply for grants.

All Circle of Life coaches are eligible to apply to participate in this study. Those coaches who will be selected by the national office will depend on an array of factors including their skill, the time frames they for their groups, etc. Choosing to participate or declining will have no effect on a coach's status as a certified CoL health and wellness coach.

It is very important not to transmit to your clients any bias as to how to fill out the Assessments – we don't want them to try to fill this out in a way they think we will like or want. We DO want them to fill it out truthfully and honestly from where they are in their lives, both times. Just make it fun. 😊

DIRECTIONS – Filling out & processing the PRE and POST forms

Coaches fill out the Coach Information Sheet and include it with the PRE & PST forms sent to us when completed by some form of registered service: mail or UPS or Fed Ex – with a tracking number.

These are the forms that are to be returned to our national office with a tracking number (you may use whatever delivery service you prefer):

1. Coach Information Sheet
2. PRE & POST forms for each participant, *stapled together*
3. Attendance Record
4. Name/Number sheet (this list is destroyed by us after we receive it.)

THE INFORMATION GATHERING PROCESS - The information that is gathered will be kept confidential. Participant Assessments are completely anonymous – we destroy the name/number list.

DEFINITIONS – The assessment form used to collect data at the beginning of the research, prior to your Group Participant Sessions, is referred to as the PRE form (the form with numbers ending in "a"). The assessment form used to collect data at the conclusion of the research, after the last Group Participant Session, is referred to as the POST form (the form with numbers ending in "b").

HOW MUCH TIME WILL IT TAKE? We recommend setting aside about 30 minutes prior to the first & last sessions to prepare the forms, fill out the number/name sheet and fill out the demographic Coach Information Sheet. (You will get a sense of the time it takes you to prepare once you do the study the first time – you may well take less time.) It will likely take 15-25 minutes total of session time (depending on the people in your group and size of the group) to pass out the forms and have them filled out by your participants both times (PRE and POST) and recollect them.

HOW & WHEN TO DELIVER THE FORMS TO THE PARTICIPANTS

The Assessment is to be filled out twice, as part of the first and last group coaching sessions – immediately before the first session and immediately after the last session.

WHAT ARE THE BENEFITS OF PARTICIPATING IN THE STUDY AS A COACH? As noted above participation in this research helps to build the credibility of the Circle of Life Health and Wellness Coaching process and our coaching community. It also builds credibility for the coach. Participant's benefit by being a part of an activity that will help to bring wellness more fully into our society. A Health Action representative of the Circle of Life will be available to provide extra coach mentoring and/or support for the coaches who choose to participate in this study.

WHAT ABOUT CONFIDENTIALITY AS A COACH? The information will be coded to protect your identity as a coach. All information will be stored in a secure and locked location (such as a locked filing cabinet). Only the researchers will have access to the coded data. The sheet that has the coach's name on it (this form) will be kept in a separate file so that the coach's name is not identified with participants' answers. If information from this study is published, it will be written so that none of the coaches or the participants will be identifiable. The information may be available for use in the future by students or other researchers. If this were to occur, there would be no information or data that could identify anyone involved in the study.

WHAT ARE THE COSTS/PAYMENTS OF TAKING PART IN THE STUDY AS A COACH? It is important for all participants to understand that there are no charges for participation in this study and that no one will receive compensation for participating. There will be minimal postage and printing/copying costs you will incur. Thanks sincerely if you are open to contributing to the study in this way or if you would like to be reimbursed, please include your receipts with the forms when you send them to us and we will issue you a check. (Please allow 30 days to receive your reimbursement. It will be issued by check and sent by mail - USPS.)

CAN THE COACH OR PARTICIPANT DROP OUT OF THE STUDY?

Re: Coaches A Coach who decides to take part in the study can drop at any time it becomes necessary, though it is discouraged once the process has begun. It is best to be committed in advance and know you can follow through on the time scheduled.

If you choose to withdraw from the study for any reason, simply notify the investigator prior to completing the post-program survey. Please send us the data that has been collected to the point of your withdrawal to be analyzed by our offices to see if any of it might be useful to us. No further data will be collected. This will have no effect on a coach's status as a certified CoL health and wellness coach.

Re: Participants There will naturally be some attrition of participants though this is not desirable. Please try to keep participants involved. If a participant must drop out of your group, carefully note this on the name and number list.

WHO CAN ANSWER MY QUESTIONS?

Before and during the study, please reread these instructions first. If you still have a question call the contact person below.

Contact information:

Please call our office if you have further questions 805-617-3390, or

Email us at research@circleoflife.net

If you would like to participate in our research study please read the Directions for Coaches and sign the attached consent form. You will be signing to participate in the study as a coach – to deliver to the participants the blank forms to fill out, collect them, and send the completed sets of forms to CoL's national office along with the administrative forms. Please read thoroughly, sign and return the form with your first set of PRE and POST assessments.

WHERE TO SEND THE COMPLETED FORMS?

Please send the completed Assessment pairs and all other forms (as listed above) for each participant by group, plus this consent form to:

Circle of Life / Health Action
5276 Hollister Ave. suite 257
Santa Barbara, CA 93111

or for current address, please check:
www.circleoflife.net

Beyond questions of how to administer the study PRE & POST FORMS, if you have a complaint or question or comment please contact Dr. Roger Jahnke, Principal Investigator. He will ask your name; all such communications are kept in confidence.

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