

For Circle of Life Coaches:

Information for your Participants

(NOTE: talk with them about this information, this is not intended to be a handout)

COACHES: You will be asking the participants to fill the Self-Evaluation (PRE) form out as part of the group coaching session. Allow for an extra 10-20 minutes for this, depending on the size of your group.

BENEFITS TO PARTICIPATING IN THE STUDY: 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 their personal lives, and also into their organization or community.

CONFIDENTIALITY FOR YOUR PARTICIPANTS: Please let your participants know that their Assessments are anonymous. Any comments they write in the essay questions on their POST forms will only be able to be referred to generally - *unless specific consent is given*. If a participant wishes to provide permission to quote them, please direct them to write their names and sign the bottom of their POST forms and date them.

HOW MUCH TIME WILL IT TAKE? Filling out the PRE & POST forms will take your participants approximately 10-20 minutes, depending on the people and the size of your group of course.

CAN PARTICIPANTS DROP OUT OF THE STUDY? Taking part in this research study is a choice for both the coach and the participants. Ideally you have already screened your participants and know they are willing and committed to fully participate, so there shouldn't be a problem with anyone refusing to fill out a self-assessment that will help them to reflect on where they are in their lives – it provides knowledge for them as well. If a participant declines to participate in the self-assessment, that is fine, please collect the forms from your other participants.

ARE THERE COSTS/PAYMENTS OF TAKING PART IN THE STUDY AS A PARTICIPANT? No.