



e-Six Beckton Community Life Coaching

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FREE PERSONAL LIFE COACHING PROGRAMME

&

COACHING RESEARCH STUDY INFORMATION

March 2010

Thank you for your enquiry about the free personal life coaching, we've provided some information that we think will help you to decide if you would like to take part in the research study and/or join the life coaching programme.

### **What is the programme about?**

The programme is about providing opportunity and access for all. e-Six Beckton Community Life Coaching project has been set-up as a community based personal life coaching service for the residents and community workers of Beckton.

Coaching is a process that can be used to support individuals to find out what they really want; their dreams, desires and goals and supports them to develop skills that will move them towards achieving their goals. Life Coaching is simply the term used to tell us about the focus of the coaching.

Coaching psychology is the evidence that provides the base for the strategies, tools and techniques used by coaches that are known to support people change their behaviour.

### **What is the study about?**

The study is designed with the intention of measuring four aspects of personality that may potentially affect our adult life and our engagement with others and our communities.

### **What will happen on the programme?**

All participants will be visited at their home by a life coach, who will aim to support them to begin to think about some of the things that stop them from having the life that they want to be living. Most importantly, the life coach will not provide advice or tell participants specifically what they should be doing.

The life coach will focus on motivating participants and enabling them to develop strategies to keep themselves focused.

### **What will happen on the research study?**

The participants who want to be part of the research study will be directed to the online survey. The first section will ask you to consent to take part in the research study and to create your own unique ID that you will use for each test to ensure confidentiality and anonymity. It's essential that you keep a record of the ID.

The second section asks for personal information; age, gender, marital status, ethnicity and education background.

The third section consists of four questions that must be answered. The whole process will take approximately five minutes.

### **Why is the programme free?**

As many of you know coaching can be very expensive, however, this programme is part of a research study and so it is being offered free. The research is being undertaken as part of an MSc with the University of East London. All coaching will be conducted by trained coaches and supervised by Dr Jonathan Passmore, a Chartered Psychologist and Coaching Psychologist.

There is a lot of talk about coaching but not a lot of information into how and why coaching works and so there is a lot of interest in finding out how effective coaching really is. Because there is already, information on many of the different types of coaching such as executive coaching this programme is specifically for those people who would not usually be able to access life coaching due to its high cost.

The research study is designed to test the impact of life coaching on four different aspects of our personality and how we deal with situations in our lives on a day to day basis.

**When will the programme take place?**

As this is part of a research study there will be a rolling coaching programme enabling anyone to join at any time for the duration of the programme, which is one year (March 2010 – March 2011).

**How many sessions will there be?**

Six life coaching sessions will be offered to each participant; one session every two weeks with all sessions being completed within three months.

Each session will last for approximately 45 minutes.

**Where will the sessions take place?**

Each life coaching session will be conducted within your home, unless there are exceptional circumstances resulting in the coaching session being conducted at a public venue within Beckton.

**Who will be eligible to take part in the programme?**

Anyone over the age of 18 is eligible to join the programme.

**You can drop out of the study and/or programme at any time without needing to explain your reasons.**

**I want to join the programme. What do I do now?**

First of all, we ask that you read all of the information that we have provided to make sure you understand what is involved.

We ask that you complete the coaching questionnaire on the website, or call or e-mail us to let us know that you are interested in joining the programme.

**What happens after I send the questionnaire?**

As soon as we have the information that you provide on the questionnaire you'll be contacted by phone and a date and time set for you to meet a life coach.

**What happens at the first meeting?**

Sometimes people think that they will be speaking to a coach who will be able to 'fix' the problems that they may have. This is not life coaching. The life coach will speak to you about what you

might want to use the coaching sessions for, aiming to elicit a SMART coaching goal. The life coach will explain to you precisely what is on offer and what would be expected from you if you choose to participate on the research study.

It is also the time for you to ask as many questions as you may want without making a formal commitment to be part of the programme and/or the research study.

At the end of the meeting you will be asked if you want to join the programme and to be part of the study, if you say yes you'll be asked to complete and sign the registration form and consent form.

**You can choose not to participate on the research study and still sign-up for the free personal life coaching.**

### **What will happen after the first meeting?**

If you have consented to be part of the research study you'll be sent by e-mail the link to the research study survey.

### **What will the research study ask me to do?**

The first section of the survey will ask you to create a unique ID, this is to ensure that your responses are anonymous, no-one will know who you are unless you choose to reveal your ID and you'll be asked to tick a box to confirm that you are happy to take part in the study.

The second section asks for your personal information, age, gender, ethnicity, marital status and educational background.

The third section contains the survey questions. There are four questions in total and will take approximately 5 minutes for you to complete.

### **Will I get to choose the life coach who will coach me?**

You will be randomly allocated to one of the six life coaches.

### **How will I start the coaching sessions?**

You will be contacted either by e-mail or phone to arrange the date and time of your sessions.

At the first session, you will be asked to confirm that you have signed the relevant consent forms.

### **Why is the information needed on the forms and survey?**

### **Contact details**

Your contact details are required so that you can be contacted by the life coach and the project administrator if there is ever a need to cancel the meetings etc.

### **Age, Gender, Marital Status, Ethnicity**

It is useful as part of the research study to be able to find out if coaching is more useful to some people and not others. Being able to check this against the details that you have given will support the findings of the research study. So, for example, one of the questions that we might ask "is coaching more useful to men than women, older people or younger, married or single, or people from different social backgrounds." Some research studies have suggested differences depending on cultural backgrounds so again we want to be able to look for any differences.

### **Is my personal information safe?**

Please be assured the all of the information provided on the survey is anonymous.

We will keep confidential all of the personal details that you provide at registration, keep this secure, and destroy all forms at the end of the programme and study. No personal data will be sold onto third parties or data collection agencies.

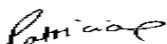
### **What do I do now?**

If you would like to join the programme, please complete the coaching questionnaire on the website [www.be6ckton.co.uk](http://www.be6ckton.co.uk), call on 020 8820 0773 or e-mail us on [study@be6ckton.co.uk](mailto:study@be6ckton.co.uk) to let us know that you are interested in joining the programme.

If you have any other questions that are not covered here, please feel free to email them to the above addresses.

I look forward to meeting you

Best wishes



Patricia