

Coaching program graduate interested in participating in the research

Dear Colleague

We need your help for a critical study of the coaching process. It may come as a surprise, but we have little evidence about how the pattern of coach interventions shifts over the course of a coaching relationship.

With the support of a research grant from the *Social Sciences and Humanities Research Council* in Canada, we will be creating new information on this vital topic.

We are reaching out to you because you are a certified coach. Our big request is that you allow us to analyze the recordings of sessions you may already have or which you will create. Of course, this requires the permission of both parties. We will be scrupulously careful to ensure that your recordings remain completely anonymous to anyone involved in data analysis.

We are looking for sets of recordings from 3-6 sessions with a client, where the average session length is between 30-40 minutes. The nature of the coaching is not important.

The study will identify general patterns of interventions over the course of a coaching relationship. We will not focus at all on individual patterns. Your recordings will be coded and grouped with others to reveal trends.

Our funding does not allow us to provide an honorarium to those who participate, but we can offer you the following for your participation:

1. An e-copy of Gavin & Mcbrearty's *Lifestyle wellness coaching* (3rd edition). 280 pages. Human Kinetics Publications.
2. Transcription of any two (2) session that you would like to receive. You only have to tell us which ones you most want (we will not be transcribing all sessions).
3. An opportunity to participate in up to 3 group sessions at no cost.

In addition to asking you to submit the recordings, we will ask you and your partner (coach/client) to complete short post-session questionnaires. Again, these will be anonymously coded.

We ask that you confirm with your partner her or his willingness to share the recordings. Please be assured that we are not looking for perfection in the recordings. We want to examine real coaching as it occurs with all of its bumps and beauty.

Once your partner agrees, would you please contact jchacraconcordia@gmail.com. Julie Chacra is the research assistant who will handle all contacts with participants. She has no association with any part of the coaching field as a way of further ensuring the confidentiality of your information. She will provide details about how to submit recordings and questionnaires, as well as asking you to sign "Informed Consent" agreements for ethical compliance.

Please give this your utmost consideration. It is essential to the coaching field that we continue to generate foundational research on what we do – in order to better understand and guide our future.

With best wishes,

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