

## Using the Circle of Life Process: An Agreement between Coaches and Participants

<p>As a Coach of the Circle of Life process, I agree to:</p> <ul style="list-style-type: none"> <li>🌀 Be on time – and effectively manage the time</li> <li>🌀 Come with an open mind that is free of judgment</li> <li>🌀 Lead you through the phases of the Circle of Life process</li> <li>🌀 Model the core principles of the Circle of Life process</li> <li>🌀 Help you navigate the path of your self-empowerment journey</li> <li>🌀 Keep everyone in the process and on track</li> <li>🌀 Guide; not impart or dispense advice</li> <li>🌀 Arrange for expert resources, since I am not an expert</li> <li>🌀 Create and maintain a positive, fail safe learning environment</li> <li>🌀 Use effective questioning and listening skills</li> <li>🌀 Promote forward movement</li> <li>🌀 Lead you in Self Care practices</li> </ul>	<p>As a Participant in the Circle of Life process, I agree to:</p> <ul style="list-style-type: none"> <li>🌀 Be on time for all sessions</li> <li>🌀 Come prepared in body, mind and spirit</li> <li>🌀 Honor my commitment to attend all sessions</li> <li>🌀 Come with an open mind that is free of judgment</li> <li>🌀 Be “present” in the sessions and focus on the work at hand</li> <li>🌀 Be honest and share my experiences from the heart</li> <li>🌀 Use “I” statements, rather than “you” statements</li> <li>🌀 Share ideas and experiences: not advice or opinions</li> <li>🌀 Respect whoever is speaking by not interrupting them</li> <li>🌀 Honor the designated timeframe when speaking</li> <li>🌀 Share articles, tapes, books, web sites and information</li> <li>🌀 Honor the confidentiality of the group (as applicable)</li> </ul>
<p>Signed: _____ Date: _____</p>	<p>Signed: _____ Date: _____</p>