

The Circle of Life Health & Wellness Coaching Program™

The Circle of Life is a breakthrough holistic program that supports personal empowerment for the attainment of life goals, healing and the wellness of the mind-body-spirit. In healthcare, the Circle of Life can become the foundation for wellness and disease management support groups, and a compliment to conventional and alternative medicine.

In churches, schools and non-profit agencies the Circle process can act as the basis for personal improvement, client motivation and the recovery of health. In business the Circle program can serve as a productivity and effectiveness enhancement strategy.

The 15 inherent powers of the "Circle" make it applicable and effective in multiple contexts. Listed below are only a few examples of how the Circle of Life has been used with individuals and in support groups, health ministries, correctional facilities, universities, government agencies, hospitals, wellness programs and healthcare networks.

HOSPITALS, AGENCIES & MEDICAL CLINICS:

St. Charles Hospital in Bend, Oregon has used the Circle of Life program for several years. Their employees and medical staff hold three-10 week programs a year for patients and community outreach. They call it Medical Symptom Reduction and it is used for groups of mixed diagnoses.

The Channel Islands Chapter of the National Multiple Sclerosis Society in Santa Barbara, CA opened the first Wellness Program in the nation. They based their program on the holistic mind, body approach to health of The Circle of Life, which was utilized in their the Wellness support groups.

Hospitals including: Marshall, Seton, Riverside, Mercy, St. Francis hospitals are using the Circle of Life as health promotion/disease prevention, disease related mind/body health support groups, Integrative Medicine & wellness programs for patients, community outreach, and employee wellness.

The Circle process has been used successfully with people with **Diabetes, Chronic Fatigue, Fibromyalgia, Hepatitis C, Cancer, Arthritis, Stroke patients, seniors with the full range of health challenges** and at risk patients throughout the US in clinics, agencies, private practices, and hospitals.

"I have been referring patients to Rebecca for group and individual coaching for health & lifestyle improvement for over six years. I have found that when behavioral & personal empowerment programming of the Circle of Life are combined with our clinical protocols, our patients have greater, faster & more long lasting results. Patient feedback has been excellent!"

Walt Lewis, M.D., Santa Barbara Medical Foundation Clinic

The Circle of Life Health & Wellness Coaching Program™

HOSPITALS, AGENCIES & MEDICAL CLINICS *(continued):*

“Our social services, health education, nursing, OT and PT staff were trained to be Circle of Life Facilitators. It was a tremendous experience for all involved. Since 1998 we utilize the Circle of Life process in our 10-week “Medical Symptom Reduction Program”, which is a great success.

“We have woven it in to all of our support group activities for patients and use it as a component of our staff wellness program. The “Circle” is also being used in our community outreach programming.”

**Rosemarie Johnson, RN & Director of
Health Improvement, St. Charles Hospital, Bend OR**

“I can highly recommend the supreme quality of Rebecca McLean’s work based upon the many trainings she provided at our hospital for nurses, administration, and our patients. I have experienced the excellence of her work through being a private client as well.

“Rebecca knows how to inspire and catalyze breakthrough & change using her highly effective Circle of life/ PHASES model. She teaches skills for how to keep oneself accountable & moving forward to the higher ground of attaining health and life goals.”

Kathy Morgan, Head of Nursing Ed. Goleta Valley Hospital

HIV & AIDS SUPPORT:

“In the other HIV support groups, it seemed like all we talked about was medication & how hopelessly horrible it was to be a victim of this disease. In the Circle of Life group we focused on & celebrated victories & how to access our inner strengths. We learned about self-care and how to do our part in the healing process. We learned how to eat more healthfully, resolve painful issues, & connect to our spirit. I am eternally grateful.”

Eric Limm, Santa Barbara, CA

CANCER SUPPORT GROUPS:

“After my after my diagnosis I sought out the kind of support group that I felt I needed. I sat down & wrote the criteria for a support group. After searching, 12 weeks after my diagnosis, I found the right support group for me with Rebecca McLean and a group of loving & positive women with all different kinds of cancer.”

I came into this process just newly divorced, bankrupt and with breast cancer. I not only have been cancer free for 9 years, through this process I have fulfilled many life dreams. The “Circle” group was a catalyst for total life transformation. I witnessed and supported all the women in their life & healing process.

**Beverly Kirkhart
Co author & national Spokesperson for Chicken Soup for the Cancer Soul,
Director of the Breast Resource Center, Santa Barbara, CA,
author of My Healing Companion**

The Circle of Life Health & Wellness Coaching Program™

HEALTH MINISTRIES & MINISTRY PROFESSIONALS:

The Lutheran Chaplaincy in Cleveland, Ohio is training facilitators to use the Circle with chaplains in hospitals, churches, agencies and with at risk youth. They also train Parish nurses to use the Circle methods as part of the health ministries in parishes all across the country for spiritual and physical wellness.

“I am a Fellow in The American Association of Pastoral Counselors. Previous to my work with “The Circle of Life” I counseled countless victims of abuse and trauma. The single greatest challenge was helping them identify goals and resources because they were convinced that they had little power to change their lives.

“The Circle of Life” is so effective because inherent in the process is support for envisioning and achieving goals. I have witnessed group members make monumental changes in their lives that they had previously thought impossible. I wish I had had the Circle of Life 20 years ago.

**Lois Annich, Wellness Coordinator,
Lutheran Chaplaincy Service, Cleveland, OH**

“We are all looking for transformation. Roger and Rebecca have shown us the way one step, one goal, one action step at a time.”

Jim Kulma, Director of Spiritual Care, Cleveland Clinic Health System, OH

“It’s so simple and disarming. We achieve radical victories through small steps. Little steps really do lead to significant wellness. This process is about self-determination and empowerment in a community context.

“I was so impressed with the integrity of the authors, the purity of their God-given vision to make us healthier . . . this is a peer process where regular people hold regular people accountable for their dreams. The Circle process is a synthesis of what the world has already known . . . timeless global wisdom made accessible in a world noisy with self-help approaches.”

Ralph Pitman, Episcopal priest, Cleveland, OH

“I learned how important accountability to ourselves is in being responsible for our own behaviors.”

**Judy Sobieski, R.N., Parish Nurse Coordinator
Breckinridge Senior Independence, OH**

UNIVERSITIES:

“I have taught Health 101 at Southwestern College & have witnessed some amazing transformations in short periods of time such as, one lady left her abusive boyfriend, another became a loving mother before her daughter would be taken away from her, several students with gambling problems sought help, people repaired relationships etc.”

Anna Solis, MPH, CA

WORLDWIDE:

The justice department of Nigeria just ordered 100 Circle of Life facilitator's manuals.

The Circle of Life Health & Wellness Coaching Program™

PRISONS:

Folsom Prison has several self-initiated Circle support groups to review their past and make better life choices while they are in prison & for those who will be released.

“As I have facilitated this dynamic process, I, too, have begun to change in ways I could never have imagined. I have eliminated toxic foods from my diet, am faithful about daily movement and exercise, and feel a renewed sense of life purpose.”

**Lois Annich, Wellness Coordinator
Lutheran Chaplaincy Service, Cleveland, Ohio**

I have known Rebecca and referred patients to her for over 10 years. Her mind, body, spirit approach to health has been a really healing medicine to my patients. Frequently, they are expressive of their appreciation that I have referred them to her.

Richard Danson, M.D., Internal Medicine, Santa Barbara

Rebecca has presented mind/body, holistic health improvement, stress mastery, and self-empowerment training since the early 80's at our hospital. She utilizes the Circle of Life process. We have made her training available for the whole hospital staff over the years. The Circle of Life process is effective & practical for home & work.

Linda Hoover, RN, Human Resources Training, Cottage Hospital, Santa Barbara

“I learned to travel long distances by taking small steps.”

Ralph Pitman, Episcopal priest, Cleveland, Ohio