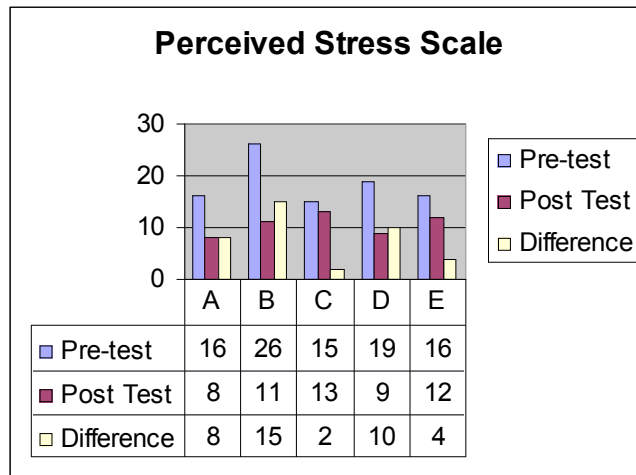


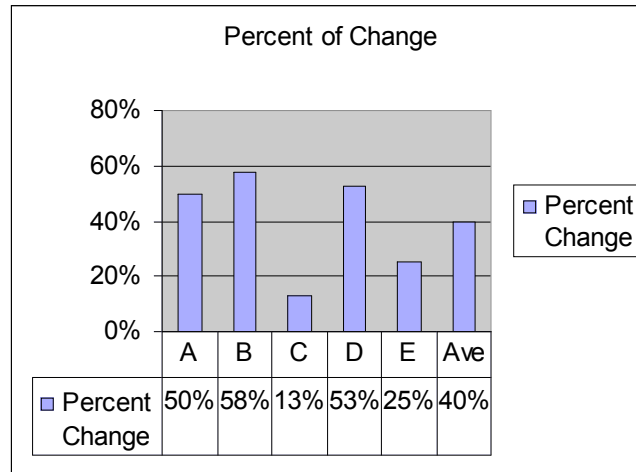
25 January 2007

FRONT RANGE COMMUNITY COLLEGE SINGLE PARENT PROGRAM Circle of Life Group

Five single parent students, all women, at Front Range Community College in Fort Collins, CO participated in an eight week Circle of Life support group. The sessions were held bi-weekly to allow time between sessions for anchoring the concepts and for “buddy coaching”. Each session was 1.75 hours in length. The group was offered during the school day and was offered as part of a variety of support services provided by the Single Parent Program; participation was voluntary.

Participants completed the 10 question Perceived Stress Scale (PSS) published by Sheldon Cohen, c1994, before the first and after the final session. On average, participants perceived stress level decreased 40% by the end of the eight weeks. Please refer to the charts below for more details.





The agenda for each session closely followed the Circle of Life Coaches Manual. During the first session, group members were asked to participate in an exercise aimed at uncovering what they wanted from participating in the group. Rationale for including this component includes the following: A) Ownership and anchoring wants with outcomes is an important piece in individual and group development. B) The participants in this group (as well as single parents generally), often think first of others' needs and wants and are rarely asked (or ask themselves) what they want. This proved to be a very powerful process for them. Their responses were recorded and each participant was provided with a handout of the group responses. During the last session, we referred to the list and each participant reflected on and reported out how being a part of the Circle of Life met her needs. Their comments included the following:

- ***Built confidence in intuition and self***
- ***Experienced social and emotional connection to others***
- ***Reinforced and solidified self-care***
- ***Learned to put me first***
- ***Learned ways to get healthy again***
- ***Learned to feel better about myself***

In addition, favorable reports about the support group were given in written evaluations. Participants cited feeling less anxious and stressed and more able to cope with the pressures of college and personal life, as well as move forward in areas of personal growth. Acquiring resources for managing stress was cited. Participants cited that the Circle of Life positively impacted their lives by increasing their inner confidence, openness to sharing, awareness of opportunities for celebrating, and appreciation of small steps toward achieving goals.