



Well-Being Workshop Pilot Study Consent Form

This Informed Consent Form is for volunteers who have been invited to participate in a small-scale preliminary study to evaluate the effectiveness of the Well-Being Workshop by Teré Foster.

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Creating an Environment of Well-Being
[Name of Sponsor]**

This Informed Consent Form has two parts:

- **Information Sheet (to share information about the research with you)**
- **Certificate of Consent (for signatures if you agree to take part)**

You will be given a copy of the full Informed Consent Form

PART I: Information Sheet

Introduction

I am the founder of GlobalWell-Being.org and we are conducting a Pilot Study to evaluate the effectiveness of the Well-Being Workshop. If you have any questions, please feel free to email, text, or call or visit GlobalWell-Being.org. TereFoster777@gmail.com 262-232-3196

Purpose of the Research

We intend to use a Well-Being Survey as a measurement of well-being before and after Well-Being Workshop. The survey will assess seven elements of well-being: financial, physical, personal, emotional, social, career, and global. At the end of the eight sessions, if the program is effective, each participant will score higher on the post-survey than the pre-survey and will join the online think tank.

Type of Research Intervention

Over the course of eight sessions with a Well-Being Consultant, workshop participants will learn how to *have* well-being as well as how to *offer* well-being to others. They will be taught how to create an environment of well-being in their homes, their schools, or their workplaces. The data we gain from the study will help us improve the details of our workshop.

Participant selection

We are asking adults from various backgrounds to participate in the research on the effectiveness of the Well-Being Workshop.

Voluntary Participation - Right to Refuse or Withdraw

Your participation in this research is entirely voluntary. It is your choice whether to participate or not. There is no penalty for changing your mind and stopping all participation without prior notification.

Procedures and Protocol

Strong reading skills will be required. If a participant does not have strong reading skills, they must bring a partner with them who has strong reading skills for all eight sessions. The partner will be considered a participant in the program and will receive a certificate of completion as a participant.

Description of the Process

The Well-Being Workshop is eight sessions. The study begins and ends with a survey assessing the participant's well-being on seven levels.

Alternative Settings

We plan offer this Pilot Study to a variety of subjects in a variety of settings to find best practices before implementing the program on a larger scale. We will offer the eight sessions in four formats with a variety of time intervals between:

- 1- a **weekly** group setting over eight weeks,
- 2- an **online** self-paced independent study,
- 3- a **seminar** where all eight sessions happen in one day,
- 4- a **retreat** where all eight sessions are completed in three days.

We will be able to determine if a group setting is more effective than an independent study. We will be able to determine if taking more time over a period of weeks is more effective than learning it all in one day. We will determine effectiveness by the amount of improvement from pre- to post- survey.

Duration

Duration is one of the primary variables the pilot study will help us determine. For now, the first Well-Being Workshop is divided into eight sessions. Sessions will be 45 minutes each. This study will determine if eight is enough or too many and if 45 minutes is long enough to cover the material. The study will also help to determine if the length of intervals between sessions has an impact on the amount of improvement.

Certification

Successful completion of the program will earn participants a certificate of completion that will gain them entry into the online think tank at GlobalWell-Being.org.

Benefits

Learning the difference between “basic needs” and “deep needs” participants will learn the art of self-care that will improve their own well-being significantly. About half-way through the eight sessions the program takes a fundamental shift in perspective from *having* well-being to *offering* well-being. This shift causes immediate improvements in the participant’s overall sense of well-being, elevating them from the “needy recipient” to the “compassionate hero.” They will be empowered to change the world around them in a legitimate and powerful way using the method they experienced first-hand during the workshop.

Risks

There is a potential risk that the positive changes in attitude and life-governing decision-making, plus the empowerment of the title of Well-Being Consultant, could disrupt relationships with those who didn’t participate in the program, namely parents, siblings, and friends. These risks will be mitigated by teaching participants how to cope with this possibility with patience and kindness and offering them an informal way to teach those close to them by using the workbook that is used during the workshop.

Confidentiality

The research team will maintain the confidentiality of data, especially with respect to the information about a participant. Strict confidentiality will be required from each participant not to share the personal details other participants may reveal during the sessions.

Sharing the Results

The results of the study will be used for grant proposals for future project development and may be published in books and articles without revealing the personal information of the participants.

PART II: Certificate of Consent

I have read the foregoing information, or it has been read to me. I have had the opportunity to ask questions about it and my questions have been answered to my satisfaction. I consent voluntarily to participate as a participant in this research.

Print Name of Participant _____

Signature of Participant _____

Date _____

Day/month/year

If Illiterate

I have witnessed the accurate reading of the consent form to the potential participant, and the individual has had the opportunity to ask questions. I confirm that the individual has given consent freely. I consent to voluntarily go through the program as a partner to ensure that the program material is read aloud to the participant. I certify that I am not part of the research team and have no affiliation with this research.

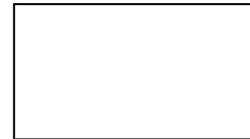
Thumb print of participant

Print name of witness _____

Signature of witness _____

Date _____

Day/month/year



If participant is unable to sign above.

Statement by the researcher/person taking consent

I have accurately read out the information sheet to the potential participant, and to the best of my ability made sure that the participant understands the details of the program. I confirm that the participant was given an opportunity to ask questions about the study, and all the questions asked by the participant have been answered correctly and to the best of my ability. I confirm that the individual has not been coerced into giving consent, and the consent has been given freely and voluntarily.

A copy of this ICF has been provided to the participant.

Print Name of Researcher/person taking the consent _____

Signature of Researcher /person taking the consent _____

Date _____

Day/month/year