

Erin K. Willer, Ph.D.

Appendix B
Small Deed Big ImpAct of Compassion Project:
Interview Invitations

Invitation for Person Going Through Difficulty

Dear [Potential Interviewee Name]:

I am in a capstone class called Communicating Empathy and Compassion at the University of Denver this quarter. Given the difficulties people are facing at this time in the world, my class is working on a project designed to extend empathy and compassion to those who have gone through a challenging life experience. Part of this project includes offering people the opportunity to share their stories of difficulty with a compassionate listener in the form of an interview. I know that you have had a difficult time with [fill in difficult experience here] recently. I am writing to see if you would be interested in sharing your experiences with this topic with me. This would include us getting together for approximately 30 minutes in person or online. During this time, I would ask you questions about your experience and practice the compassionate listening skills I am developing in my class. I understand that sharing your experiences may be difficult. You would not be required to share anything that does not feel comfortable to you. I will be writing about what I learned from you in my class paper.

If you are willing to do the interview with me, I would be so grateful and honored. **If you are willing, please let me know if you prefer an online or in person interview. Please also look at the times I have listed below, and let me know what will work for you. If I have not listed a time that works, please let me know what will work for you between now and April 19th.** Once we have agreed on a time and date, we can decide on a place to meet, or I will send you a Zoom link. Thank you for your consideration and time.

[Dates and times that will work for you between now and April 19th]

Sincerely,
Your Name

Invitation for Person Who Has Understanding of/Expertise of Difficulty

Dear [Potential Interviewee Name]:

I am in a capstone class called Communicating Empathy and Compassion at the University of Denver this quarter. Given the difficulties people are facing at this time in the world, my class is working on a project designed to extend empathy and compassion to those who have gone through a challenging life experience. Part of this project includes conducting an interview with someone who has an understanding of or expertise in a particular type of difficult life event. Given your knowledge of [fill in topic here], I am writing to see if you would be interested in sharing your knowledge of this topic with me. This would include us getting together for

Erin K. Willer, Ph.D.

approximately 30 minutes in person or online. During this time, I would ask you questions about the topic. I will be writing about what I learned from you in my class paper and designing and carrying out an act of compassion.

If you are willing to do the interview with me, I would be so grateful. **If you are willing, please let me know if you prefer an online or in person interview. Please also look at the times I have listed below, and let me know what will work for you. If I have not listed a time that works, please let me know what will work for you between now and April 19th.** Once we have agreed on a time and date, we can decide on a place to meet, or I will send you a Zoom link. Thank you for your consideration and time.

[Dates and times that will work for you between now and April 19th]

Sincerely,
Your Name