

How To Coach Groups Up To 10 People

Bullet points summary:

- Coaching is a journey.
- Minimum of 4 x 1 hour sessions, once a week, over a month.
- Build capacity to emotionally self-regulate.
- Moment-to-moment self-regulation leads to more coherence.
- More coherence leads to more resilience.
- Coaching is a journey of transformation.

- The same 4 session template can be used in group coaching.
- Group coaching will take longer.
- The more people in the coaching group, the longer it will take.

- Workshops are shorter in duration.
- Workshops are not a journey of transformation.
- Workshops provide information.
- Workshops serve as an introduction.

- Intensives are longer than workshops.
- Intensives can take between 2-7 days.
- Intensives are immersive, deep dives.
- Intensives are transformational.
- Intensives can include group coaching.

- Smaller groups provide a better transformational experience.

- Workshops require a slide deck.
- Group coaching does not require a slide deck.

- Workshops don't always meet direct audience needs.
- Group coaching specifically meets participants' needs.

- Workshops are information heavy.
- Group coaching is information lite.

NOTES:

Already Facilitating Workshops?

- Include an emWave Pro demonstration
- Facilitate a Freeze Frame® (don't teach. just do)

NOTES:

Ready For Group Coaching?

NOTES:

Groups Coaching Is About

- Connection
- Communication
- Community

NOTES:

Identifying Your Theme

What is the unique problem you help solve?

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What is your area of expertise?

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What are the results you want to help people achieve?

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Why do you want to start a group coaching program?

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Creating Your Framework

NOTES:

Do you prefer working with the same people over a long period of time, or do you prefer fresh faces as often as possible?

NOTES:

Have you taken part in group coaching before, as a client?
If so, what was the timeframe?
How did you feel about the timeframe?

NOTES:

Accountability

NOTES:

Do you prefer small breakout groups, partnerships, or community accountability? What else?

NOTES:

How do you want to stay involved?

NOTES:

Trust

NOTES:

Icebreakers

NOTES:

Engagement

NOTES:

What easily, accessible virtual space do you have available for your group?

NOTES:

How many people do you feel comfortable working with?

NOTES:

What will you charge?

NOTES:

Get Creative!

NOTES:

<https://www.heartmathsouthafrica.co.za/conversations-with-coaches/>