

TERRA NOVA

Terra Nova Group Coaching

What is Group Coaching?

Jennifer Britton, in her book *Effective Group Coaching*, defines group coaching as: “a facilitated group coaching process focusing on a shared goal for the purposes of achieving personal or professional development.” In a group context, the coach acts as a facilitator who empowers the individuals in the group (3-6 people) to discover how to reach the goals they have set for themselves. Group coaching works when each participant has the same general coaching focus. Though each person will discover different things the group as a whole will be moving toward the same goal.

What is Group LIFE Coaching?

Life coaching works through a process of questions, exercises and reflections in the areas of identity, design, passion, values, vision, mission, goals and strategies. In this process valuable answers to the following questions will be discovered: Whose are you? Who are you? What is your passion? What do you value? What is your vision? What is your mission? How will you achieve your mission? When will you achieve your mission? How will you define and stay on your critical path? What obstacles are hindering you from moving forward?

- Frequency / Duration: Weekly, for 12 sessions.
- How are groups formed: Groups will be formed based on requests received.
- Length of sessions: Approximately 90 minutes.
- Location: Once the group is formed, the group decides where and when to meet.
- Virtual Groups can also be held online through Skype or bridge line.
- Time of Day: This is flexible, depending on what fits everyone's schedule the best. Currently I have a men's group meeting at 6 a.m. on Thursday mornings.

How Does Group Coaching Differ from Individual Coaching?

Group coaching differs from individual coaching in a number of ways.

- It is more affordable than individual coaching. (about 1/3 of the cost)
- It provides a powerful group context for processing questions, answers and solutions.
- It also includes the power of individual coaching sessions.
- It serves as a learning group in which participants both experience and witness the power of coaching.

How Do I Sign Up?

- Email or call me and we'll set up a free session to answer your questions and make sure group coaching is a good fit for you.
- If you have some friends with whom you'd like to experience group life coaching, contact them and see if they would like to be a part of the group.
- When I get 3-4 requests I'll form the group and schedule our first meeting where we can work out the logistics.
- Investment: Your investment is just \$40/week for 12 weeks. (This includes all materials, notebook, unlimited emails and three private individual coaching sessions by phone.)

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