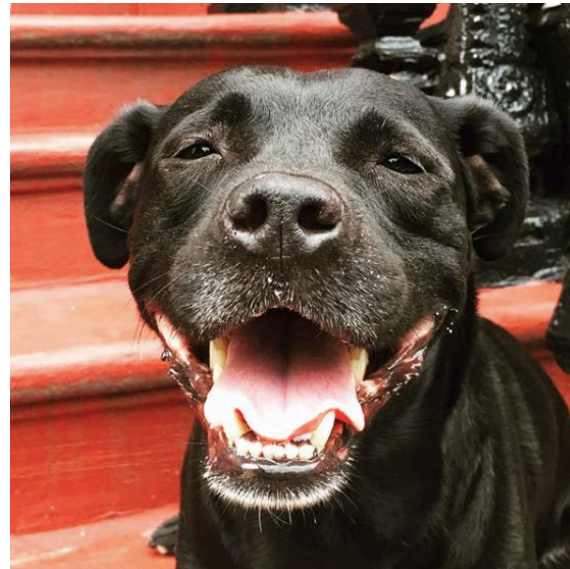




GROUP COACHING HQ

Group Coaching 101 – ICF LA Lunch and Learn

About me: Dom Mas



Group Coaching HQ offers ICF-approved group coaching certification, group coaching supervision, and self-paced programs and events supporting coaches wanting to amplify their impact through group coaching.

We provide the community, knowledge, practice, and toolkit coaches need to confidently launch group coaching programs.



Martin Luther King

"We are tied together in the single garment of destiny, caught in an inescapable network of mutuality. And whatever affects one directly affects all indirectly. For some strange reason I can never be what I ought to be until you are what you ought to be. And you can never be what you ought to be until I am what I ought to be."

AGENDA

1. Teams vs. Groups
2. Key elements of group coaching programs
3. What group coaching is & isn't
4. Why group coaching?
5. Example contexts for group coaching
6. Steps to creating impactful programs
7. Elements of a cohesive cohort
8. Evaluating the impact of group coaching





Team Coaching

- Team sets common objectives
- Team dynamics, including hierarchical relationships
- Coaching often focused on team goals, processes, relationships
- Consider systemic environment

Group Coaching

- Each member sets their own individual goals
- Most of the time, no pre-existing relationships
- Co-create themes together



GROUP COACHING PROGRAMS - KEY ELEMENTS

- ✦ Collaborative Learning Environment
- ✦ Facilitated by a Professional Coach
- ✦ Focus on Progress and Movement
- ✦ Enhanced Perspective and Feedback





GROUP COACHING IS NOT...

- ✗ a workshop or training.
- ✗ a mastermind.

BENEFITS FOR COACHES

Impact

Time

Income

**Why Create Group
Coaching Programs?**

Value

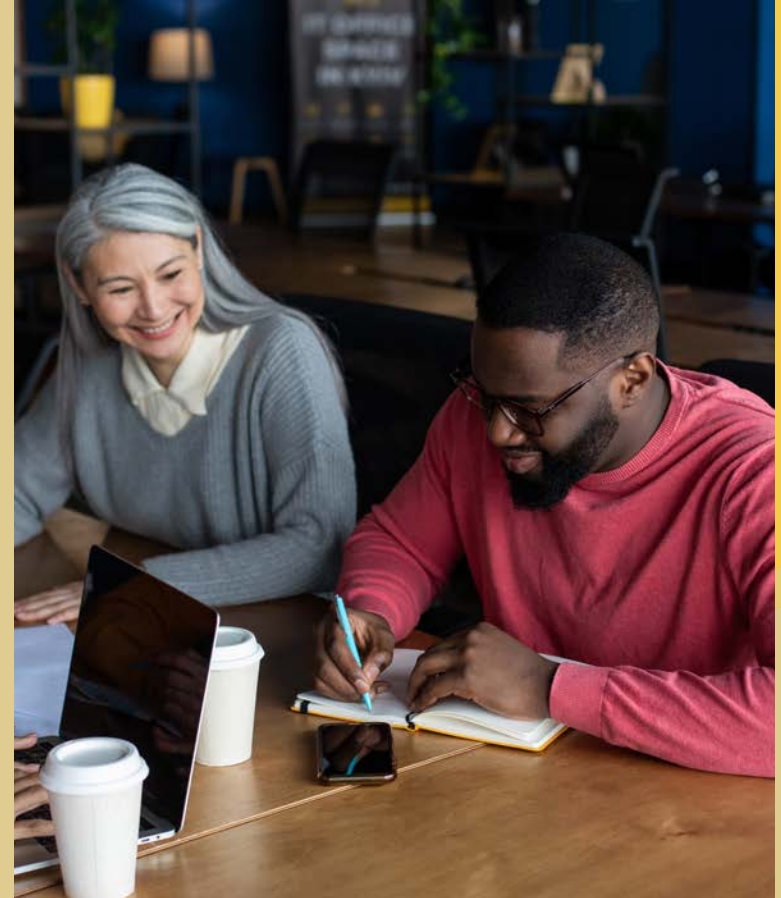
Connection

Pricing

Learning

TOP 3 GROUP COACHING ADVANTAGES FOR PARTICIPANTS

- ✦ Perspective
- ✦ Connection
- ✦ New skills





EXAMPLE GROUP COACHING CONTEXTS

- ✦ Men / Women in transition
- ✦ Under-represented groups in an organization
- ✦ Supporting job seekers
- ✦ Mothers re-entering the workforce
- ✦ Mid-Lifers wanting to thrive
- ✦ Resilience for HR professionals

5 Steps to Create Impactful Group Coaching Programs

- ✦ Step 1: The Who & the Why
- ✦ Step 2: Curate Groups Intentionally
- ✦ Step 3: Structure for Success
- ✦ Step 4: Educate Group Members
- ✦ Step 5: Get to Know Participants

AVOID

Employees working directly on the same team

An “only”



GROUP COACHING HQ™

ELEMENTS OF A COHESIVE GROUP COACHING COHORT





EVALUATE THE IMPACT OF THE PROGRAM



CONTACT US

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In each cohort, we offer two BIPOC scholarships that cover half of the tuition fee and are allocated on a first come first served basis.

We don't require any extra steps to benefit from the scholarship and we trust that those who ask for it need it.



Download our Ebook
"Create Impactful Group Coaching Programs"

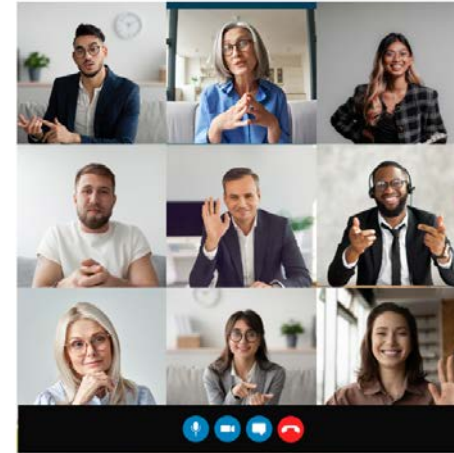
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