

Audio 2: Benefits of Group Coaching Transcript

(What is group coaching?)

Group Coaching consists of a small group of 5-10 people who have similar goals and concerns around their professional development.



There are two types of groups.

A group may consist of people who already know one another either through professional channels, personal channels or both.

or you may join a group that is created by the coach.

(What are the benefits of group coaching?)

The top 4 benefits of group coaching include:

1. learning from others who are facing similar challenges.
2. gaining an accountability network that will help you along.
3. goal setting opportunities and
4. developing strategies for accomplishing those goals.

(What will we cover in group-coaching sessions?)

No matter which coaching package you choose you will learn about all 6 of my pillars for career success. They include:

1. understanding your strengths to achieve success
2. executive presence
3. adaptability
4. passion
5. authenticity
6. networking

The package you choose simply determines how in-depth we approach each topic. To learn more about what is included, along with the rates, click on the pdf below.

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