

GROUP AND TEAM COACHING

With group coaching the answer is in the room. This approach is more interactive, using the power of the group to achieve individual and shared goals. Group coaching can be an ideal way to bring together new teams and first time managers in supportive and facilitated environment.

The benefits of group coaching include:

- Increasing team function and maturity
- Breaking down silos
- Shared learning
- Building social connections
- Building trust
- Inspiring creative thinking
- Increasing collaboration
- Diversity of thinking
- Building confidence
- Encourages accountability
- A more cost effective option



Our group coaching sessions can be in groups of up to 6 people and we offer 3, 6, or 12 month programmes. A blended approach of group and individuals coaching can also be offered.