



ROCK CONSULTING

INSPIRE. INNOVATE. IMPACT.

What is Group Coaching

Group coaching is a coaching technique that involves working with a group of people who share similar goals, challenges, or interests. Group coaching can help people improve their skills, performance, well-being, and potential by providing them with feedback, support, and learning opportunities from a coach and their peers. Group coaching can be done in person or online, and can be tailored to different contexts and needs.

Some of the benefits of group coaching are:

- It can help people learn from each other's experiences, perspectives, and insights. Group coaching can foster a collaborative and supportive learning environment where people can exchange ideas, ask questions, and challenge each other in a constructive way.
- It can help people expand their network and build relationships. Group coaching can connect people who might not otherwise interact, and help them develop trust, rapport, and mutual respect. Group coaching can also break down silos and enhance communication within and across organisations.
- It can help people increase their motivation and accountability. Group coaching can create a sense of shared purpose and commitment among the participants, who can encourage, inspire, and hold each other accountable for their goals and actions.
- It can help people save time and money. Group coaching can be more cost-effective and time-efficient than individual coaching, as it can reach more people with fewer resources. Group coaching can also reduce the need for travel and accommodation expenses for in-person sessions.
- It can help people access diverse and relevant resources. Group coaching can expose people to a variety of tools, techniques, strategies, and best practices that can enhance their performance and productivity. Group coaching can also provide people with access to experts, mentors, and role models who can offer valuable advice and guidance.



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