



## The top 7 reasons to join a group coaching program

### 1. **A Personal Support System**

Group coaching gives you the opportunity to share your feelings with others and develop deeper connections, making your sessions more meaningful. Knowing you are not alone in your journey will help you develop the confidence and motivation to address your challenges and succeed.

### 2. **Higher Likelihood of Achieving Goals**

You're much more likely to stick to your gym routine if you have a gym buddy, right? The same is true with group coaching. When individuals are part of a group, they procrastinate less, accomplish more, and reach their goals faster.

### 3. **Benefit from Collective Wisdom**

You'll brainstorm solutions, open creativity channels, and uncover opportunities you may not have discovered working solo. Have you ever been in a study group where you've learned from a classmate who *gets it*? Other group members help you master new concepts like a pro!

### 4. **Gain a New Perspective**

When you work alone, you examine situations from one perspective – yours. But when you work in a group, you're exposed to a variety of insights that empower you to see a situation from multiple angles and motivate you to develop new solutions. Ever get a precious nugget of advice from a really honest friend that you just couldn't see on your own? It's like that.

### 5. **A Great Value**

Get the same quality coaching, but at a fraction of the cost of individual coaching. Group coaching is a smart and affordable way to receive top-notch guidance.

### 6. **A Team Invested in Your Success**

When you work in a group, the whole team celebrates your success. Just like when a hockey player scores a goal, resulting in a win for the entire team. In this case, no ice skates are required!

### 7. **Turn Work into Play**

It's more fun to go out to dinner with friends than by yourself, right? Working with a group is a social event that participants look forward to. You'll join a close-knit group that is energizing, motivating and most of all – fun! Group members often become lifelong friends.