

# Group Coaching

## Overview

Collaborators are essential in any journey. This six-week small group experience (5-8 people) helps you assess your energy, discover your strengths, and leverage them to get unstuck and discern the best path forward on your journey ahead. This process creates space for reflection, renewal, and exploring new possibilities.

## What to Expect & Pricing

The experience will include one individual session to review of your Energy Leadership Assessment. The remaining six small group sessions will be two hours in length and occur once per week via zoom over a six-week period. Sessions are designed to quiet your mind and reenergize your heart for the journey ahead. The experience will include guided exercises, thought-provoking, and reflective questions to unpack what's happening in your world and explore what you *really* want.

QUANTITY	FORMAT	TOOLS
<ul style="list-style-type: none"><li>one, ninety-minute, individual session</li><li>six, two-hour, group sessions</li></ul>	Zoom	<ul style="list-style-type: none"><li>Energy Leadership Assessment</li><li>CliftonStrengths Assessment</li><li>Journal to capture insights</li></ul>

**\$800**

## Target Audience

<b>DEMOGRAPHICS</b>	All are welcome. If desired collaborators will be grouped by common experiences (i.e., Leaders, Women in Corporate, Diverse in Corporate, Ministry Leaders, Women in Ministry, etc.,)
<b>INTENDED FOR ...</b>	Those wanting to understand their strengths, feeling stuck, in transition, wrestling with what's next, need space for reflection, need accountability. etc.,

## Registration Process

1. Complete the Registration Form [coming soon].
2. Once registered, you will receive an email with payment instructions.
3. Participation and log-in information will be confirmed via email in 10-14 days.

EMAIL	PHONE NUMBER
simplyworshipllc@gmail.com	424.610.1025