

## Gain an insight into your life from multiple perspectives by participating in The Group Coaching Experience.

### **Why would you want to share the *intimate details of your life* with a bunch of strangers?**

Have you ever had what seemed to you like a *ridiculous* idea? It could be about anything.

You think to yourself...

*'Why on earth has an idea like that popped into my head?'*

But when you happen to mention this 'ridiculous' idea to someone else, anyone, even someone you've *never* spoken to before in your life, something incredible happens...

### **It actually sounds viable!**

*How can this be?*

How can a seemingly *ludicrous* notion suddenly become something **perfectly acceptable and totally practical?**

It is far too easy for us to slip into the *vortex of our own mind*, over-thinking things to complete exhaustion, often without even *realizing* it.

So before we even get the chance to consider an idea that enters our mind, it is immediately in unfriendly territory, *poked and prodded into ridicule*.

### **You know the feeling.**

It's probably the way you're feeling right now about 'The Group Coaching Experience'.

Sometimes we need an outside perspective to keep things on solid ground, keep a *rational* and *objective* point of view when it comes to discovering our own true work-life balance.

Just the action of talking about your ideas, goals, challenges and values can often be enough to start *defining your own life's direction*.

And talking about such things in a **group setting** can be beneficial in many ways. You get the same great advantages that **The One-on-One Coaching Experience** gives you, with the *added perspectives, opinions and experiences of others* for you to draw from!

Having others involved brings in a **whole variety of viewpoints** that may have *never* crossed your mind before.

*Think about it.*

When you're working on a big project that requires a significant amount of research, what do you do?

*Do it all yourself?*

If you were looking for *efficiency*, you would probably *get others involved* to help with the research, wouldn't you?

**Brainstorming** sessions not only produce results in a *short amount of time*, they can also produce a *wider variety* of results, raising issues that you may never have considered before.

This is the beauty of **The Group Coaching Experience**.

But it goes *further* than that.

Having other individuals present, those who are looking for the same kind of life balance coaching as you, encourages you to *learn from their experiences and ideas* as a way of enhancing your own.

There will always be something to take away from these group telephone sessions.

**The Group Coaching Experience** is conducted by your life balance professional, who will start things off and facilitate and encourage discussion on whatever the group feels deserves their attention. Your coach will raise pertinent, well-timed questions in an attempt to focus on areas that may be of importance to the group as a whole.

Questions and comments will also be directed towards *you personally* that will help you to focus your attention on areas of your life that you've realized may need more of your energy.

These sessions are also useful in keeping your goals at the *front of your mind*, instead of them *losing their potency* when the session is over. Starting a new session means addressing your goals and discussing any steps you have taken towards achieving them.

**Participating in such discussions is a great way of discovering, shaping and defining what a balanced, meaningful and fulfilling life is to you.**

There are many people just like you who are looking for their own work-life balance.

Many people have already benefited from **The Group Coaching Experience** and found that it has helped them *immensely* on their *journey of discovery*.

Put yourself on track to defining your own true balance by participating in our *insightful, eye-opening* and *thought-provoking* group sessions, with **Reflections Coaching LLC's The Group Coaching Experience**.