

# wellcoaches®

## SCHOOL of COACHING



## Wellcoaches Premium Class Group Coaching Basics

**Date/time:** Noon-1:30 pm ET Wednesdays,  
September 18, 25, October 2, 9, 16 and 23

**Course fee:** \$395

**Registration deadline:** 5 p.m. ET Monday, September 16

**CEUs:** Wellcoaches 9, ACSM 9, NBHWC 9, NCHEC 9

**Led by Wellcoaches Faculty NOVO Wellness Co-Owner:** Michael Scholtz

[Register](#)

This 6-week course on group coaching is a win-win-win. You reach more people and your clients access more affordable coaching. And, everyone benefits from the supportive network and creative power of a community. The ability to create groups, effectively market to groups, and conduct group sessions requires that you learn new skills and that you apply your core coaching skills in new ways.

### Participants will learn:

- basics of developing a successful group coaching practice
- what group coaching is and how it differs from individual coaching
- logistics of group coaching (group size, meeting length, fees, etc.)
- how to market your program
- how to conduct group sessions

This class includes both sharing of ideas and practice. Participants will have several opportunities to be coached and coach others as they explore the unique dynamics provided by a group environment.

### **Class Outline**

Week #1: Group Dynamics

Week #2: Getting Started

Week #3: Skills and Presence

Week #4: Structure and Logistics

Week #5: Creating a Community

Week #6: Marketing and Promotion

This course may include 1 - 2 optional practices. Should they occur, the dates and times for these practices will be Oct 30 and/or Nov 6 at 12 pm Eastern Time. The facilitator will co-lead the sessions with volunteer coaches. These sessions necessitate the need for volunteer participants as well as coaches. Therefore, all practice group sessions will be dependent on interest from the group.

[Register](#)

### **Wellcoaches Cancellation Policy**

Cancellations and refund requests must be received in writing via mail or email. Any applicable refund will be determined by the date that the request is mailed or sent (if requested by email) according to the following policy:

**If you request a refund prior to the class start date, you may receive a refund for 95% of the course fee.**

**No refunds will be granted after the first class.**