

Project | **Endure**

Group coaching

Mission

To help people get better faster and go further together

Theme

To become the person that you want to be through the cultivation of intentional habits.

Habit is the intersection of knowledge (what to do), skill (how to do), and desire (want to do) - Stephen R. Covey

If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude - Colin Powell

In essence, if we want to direct our lives, we must take control of our consistent actions. It's not what we do once in a while that shapes our lives, but what we do consistently - Tony Robbins

Structure

Group Book

- members will receive High Performance Habits by Brendon Burchard
 - o reading schedule will be established prior to start of cohort
 - o structured book discussion will be integrated into group calls

Group chat via GroupMe (GM)

- morning content for motivation (shared by anyone)
- morning check ins for accountability (organized by Joe)

Private Facebook Group (FB)

- create ongoing and valuable conversation (facilitated by Joe)
- share meaningful content (e.g. quotes, videos, articles, etc.) (shared by anyone)

Private Zoom Calls

- group coaching call (1 x/month) (2 hours)
- individual coaching call (1 x/month) (1 hour)

Group Expectations

- regular participation in FB group
- regular participation in GM thread (including morning check-ins)
- regular attendance at monthly group meeting
- regular attendance at monthly individual meeting

- everyone will be open to accountability and feedback
- everyone will be honest and transparent in their communication
- everyone will respect, love and encourage other members of the group
- everyone will commit to making the group a safe space without judgment
- everything is confidential (unless harm to self or others is expressed)

Goals

Identify each client's personal goal(s) (who do you want to be)

- describe goal(s) in a clear, measurable and attainable way
 - o track goal(s) in group coaching Google spreadsheet (all members can view this document)
- break down big goal into six smaller habits
 - o track habits in group coaching Google spreadsheet (all members can view this document)

Provide clients with the support, encouragement, accountability and motivation to achieve their goals

- this will be accomplished through
 - o GM thread
 - o private FB group
 - o group coaching calls
 - o individual coaching calls

Use peer learning and group wisdom to create strategies to help individuals reach their goals

- members will be encouraged to share resources and insights in FB group and GM thread
- weekly prompts will be provided in Facebook group to stimulate ongoing discussion on relevant topics
- spotlight approach to group coaching calls
 - o within each monthly group coaching call (two hours), each person will be given opportunity to discuss wins, obstacles, ideas etc. and receive specific feedback, insight and support from group

Use the group support system to provide accountability for each individual

- daily GroupMe morning check-in for accountability and support
- unlimited text communication with Joe for accountability and support

Benefits

- peer learning opportunities
- ongoing support and accountability from group
- relationship building with likeminded individuals
- opportunities for coaching in both individual and group setting
- solving complex problems with input and insights from multiple people

Capacity

- 6-10 group members

Investment

- \$1,800 (can be broken into 6 payments of \$300)

Interested?

Contact Joe