



# Effective Group Coaching: Tried and Tested Tools and Resources for Optimum Coaching Results

By Jennifer J. Britton

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Group coaching is rapidly becoming the preferred coaching option for businesses and individuals. *Effective Group Coaching* is a practical, resource rich, hands-on guide for the group coaching facilitator in one of the fastest growing new disciplines. Organizations, community groups and individuals are discovering that group coaching is an exciting and sustainable model and process for learning and growth. Written for internal and external coaches, HR professionals, trainers and facilitators wanting to expand their work into this area, this book provides tested methodologies and tools and tips. Both new and seasoned coaches will find the book a practical roadmap and go-to guide when designing, implementing and marketing their own group coaching programs. Case studies highlight how group coaching programs are being delivered globally through corporate and public prgrams, virtually and in person. Also, the author's dedicated web site offers resources and articles available for downloading.

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## **Effective Group Coaching: Tried and Tested Tools and Resources for Optimum Coaching Results** By Jennifer J. Britton **Bibliography**

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## **Editorial Review**

From the Inside Flap

### **EFFECTIVE GROUP COACHING**

The fast-growing field of group coaching is attracting coaches, trainers and facilitators to its fold to meet the increasing demand of organizations that see the enhanced learning, efficiencies and cost-savings that group coaching offers. Jennifer J. Britton was an early adopter and wrote *Effective Group Coaching* to provide an understanding of the methodology, tools and resources to coaches and trainers who wish to expand into this field or deepen their experience. *Effective Group Coaching* is a valuable primer and reference guide that addresses these key points:

- What is group coaching and is it right for you?
- What is the business case for group coaching?
- The dynamics of group learning
- The core skills and best practices of group coaching
- How to design your own group coaching program
- Delivery options: tips for in-person and virtual offerings
- How to market your group coaching program
- The logistics of implementing and running your program
- A tool kit of exercises you can adopt for your group coaching program

*Effective Group Coaching* is bursting with how-tos, checklists, takeaways and enlightening real-life experiences from some of North America's top group coaches. It is a hands-on, comprehensive and practical volume that will prove indispensable for coaches, trainers, facilitators and HR professionals who want to incorporate group coaching as a primary methodology to elevate learning and productivity in the workplace.

From the Back Cover

#### **From the Introduction to *Effective Group Coaching*:**

Over the last few years, economic realities and client requests have propelled group coaching to become one of the most quickly evolving areas of the coaching profession. Moving out of its early adopter days, group coaching is starting to become recognized as a subdiscipline of coaching by coaches and clients, organizations and individuals alike.

This book provides a foundation and practical perspective on group coaching—what it is and how it differs from one-on-one coaching and training, and includes ready-to-use tips and resources for coaches/practitioners in the development, implementation, and marketing of their own group coaching programs. Highlighted in this book are case studies from coaches who are undertaking this work with widely diverse groups around diverse topics.

Written for coaches (both internal and external), HR professionals, trainers, and facilitators wanting to expand their work into this area, this book provides tested tips and tools. New and seasoned coaches will find *Effective Group Coaching* a practical road map and goto guide when designing, implementing and marketing their own group coaching program.

## **What coaches are saying about *Effective Group Coaching*:**

"In *Effective Group Coaching*, Jennifer Britton takes you through the process of group coaching essentials from start to finish. No matter where you are on the continuum of experience with group coaching, Jennifer provides insights, ideas, stories and exercises that will stimulate your imagination. You will be inspired to create dynamic groups and rise to greater heights with your work."

Marlena Field, PCC, CPCC, Body-Centered Coach Trainer

[www.BodyMindSpiritCoaching.com](http://www.BodyMindSpiritCoaching.com)

"Jennifer Britton has taken her many years of group coaching experience and extensive knowledge and concentrated it into this rich handbook. In *Effective Group Coaching* you will find everything from the must-have tools for every effective group coach to valuable online resources and the how-to's to facilitate effectively in a virtual coaching world. Once you become immersed in this book, you will want to keep it by your side."

Leslie Bendaly, Leadership Coach, Author and Principal, Kinect Consulting Group

[www.2Kinect.com](http://www.2Kinect.com)

## **About the Author**

Jennifer J. Britton is the founder of Potentials Realized, a Canadian-based performance improvement company. Jennifer works with groups, teams and organizations in the areas of leadership, teamwork, and business success. Her global clients include government, corporate and non-profit sectors, from financial services to education and health care. She also offers a range of group coaching programs and retreats for the general public.

Jennifer fuses her rich experience as a former global program manager with the UN, experiential educator, coach and workshop leader. She has delivered group programs in over eighteen countries in the last twenty years. Since early 2006, her Group Coaching Essentials™ program has supported hundreds of coaches in the creation and implementation of their own group coaching programs.

Accredited as a PCC with the International Coach Federation, Jennifer was originally trained and certified by the Coaches Training Institute as a CPCC. She has also completed advanced coach training in the areas of ORSC and Shadow Coaching. Jennifer is also a Certified Performance Technologist (CPT) and Certified Human Resource Professional (CHRP). She holds a Masters of Environmental Studies and a Bachelor of Science in Psychology.

## **Users Review**

### **From reader reviews:**

#### **Paul Blum:**

This Effective Group Coaching: Tried and Tested Tools and Resources for Optimum Coaching Results book is just not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is information inside this reserve incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This particular Effective Group Coaching: Tried and Tested Tools and Resources for Optimum Coaching Results without we know teach the one who reading through it become critical in imagining and analyzing. Don't be worry Effective Group Coaching: Tried and Tested Tools and Resources for Optimum Coaching Results can bring any time you are and not make your handbag space or bookshelves' become full because you can have it in the lovely laptop even cellphone. This Effective Group Coaching: Tried and Tested Tools and Resources for Optimum Coaching Results having

excellent arrangement in word in addition to layout, so you will not experience uninterested in reading.

**Harry Cofield:**

A lot of people always spent their own free time to vacation or perhaps go to the outside with them family members or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that's look different you can read a new book. It is really fun for you. If you enjoy the book you read you can spent all day long to reading a book. The book Effective Group Coaching: Tried and Tested Tools and Resources for Optimum Coaching Results it is rather good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. Should you did not have enough space to create this book you can buy the actual e-book. You can m0ore simply to read this book through your smart phone. The price is not to fund but this book offers high quality.

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Are you kind of hectic person, only have 10 or perhaps 15 minute in your day time to upgrading your mind proficiency or thinking skill possibly analytical thinking? Then you are receiving problem with the book when compared with can satisfy your short time to read it because all this time you only find publication that need more time to be examine. Effective Group Coaching: Tried and Tested Tools and Resources for Optimum Coaching Results can be your answer as it can be read by you actually who have those short spare time problems.

**Carol Wells:**

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