FAITH HELPS LLC

GROW TOGETHER. RISE TOGETHER.

GROUP COACHING

What is group coaching? How does it differ from other support groups?

Group Coaching is a structured, cohort-based program that combines curriculum-based teaching, guided exercises, and peer-supported accountability to help participants make tangible progress toward their personal and professional goals. Unlike support groups, which focus primarily on sharing experiences, group coaching is solution-focused and transformation-oriented: members learn, practice, and apply tools and strategies together while exploring how past experiences may influence present patterns.

In small cohorts (typically 8–12 participants), sessions blend teaching, guided practice, peer-led instruction, actionable homework, and networking opportunities. Participants leave with clarity, confidence, strategy, and a practical plan they can follow — all while benefiting from the motivation, perspective, and encouragement of a supportive community.

Who is group coaching for?

Adults (18+ years old) who thrive in community and want both expert-led teaching and peer accountability. Ideal for people who need structure plus relational support and who can commit to consistent attendance and participation.

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Format & Logistics

- Cohort size: 8 - 12 members
- Session length: 75 - 90 minutes (Zoom).
- Frequency: Sessions are held 1x/week for 8 consecutive weeks.
- Includes: Workbook, independent practices, private group channel for accountability, and optional mid-cohort 1:1 check-in.

What to expect in a session:

- Networking and relationship-building with like-minded peers.
- Accountability checks to help you stay on track with your goals.
- Collaborative problem-solving and discussion around real-life challenges.
- Opportunities to give and receive feedback from fellow cohort members.
- Collaborative problem-solving and discussion around real-life challenges.
- Supportive community encouragement to celebrate progress and maintain motivation.
- Engaging, curriculum-based modules that teach mindset, resilience, and growth strategies.

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Key Outcomes

- Develop leadership, collaboration, and communication skills through peer interaction
- Gain perspective by learning from others' experiences and insights
- Strengthen accountability by participating in a cohort that supports your goals
- Build confidence in applying strategies in real-world group settings
- Learn to give and receive constructive feedback effectively
- Practice goal-setting and problem-solving in a collaborative environment
- Create professional and personal connections for long-term support and networking
- Increase self-awareness by observing patterns in group dynamics and feedback
- Celebrate progress publicly, reinforcing commitment and achievement
- Practical tools you can carry with you long after coaching ends.