

HOST A SMALL GROUP SESSION

To host a in person Group Life Coaching session, you can follow these steps:

- Contact Renè Hudson.
- Life Coach will supply everything needed for the group session. (Practical tools and a snack box with refreshments for each person attending the group.)



Virtual life coaching group programs also available.

HOW BALANCED IS YOUR LIFE?

- Wheel of life

SELF-CARE

- Where do I need to take care of myself more?

MY ENERGY ZAPPERS

- Are you feeling tired / drained?
- Tolerance Cup

MOMMY RE-GROUP

- How to face challenging situations w.r.t. raising kids.
- Emotions, values & behaviour

AT A GLANCE

Duration

- 3 hours
- Once off group session
- Group of 6 (minimum pax)

Potential Outcomes

Group life coaching can help to enable individuals to find a better outlook and improve in their desired areas. It helps facilitate a positive lifestyle change, which allows a more balanced and fulfilled life.

Contact Info



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IN PERSON / VIRTUAL SESSIONS

GROUP LIFE COACHING

THESE PRACTICAL IN PERSON SESSIONS CREATE A RICH BLEND OF KNOWLEDGE, PERSPECTIVES, AND EXPERIENCES OF EVERY KIND.





What's included?



WHAT IS INCLUDED IN A IN PERSON GROUP SESSION?

Item	Price
Life Coaching Group Session	
Notebook & Pen	
Practical Tools	
Snack Box	
Water	
	R350-00 pp

- *Duration: 3 hours*
- *Once off group session*
- *Topic: 1 program selected*
- *Group of 6 (minimum pax)*



Benefits of group coaching:

Group coaching brings people of different backgrounds, with diverse worldviews and beliefs, together. It creates a rich blend of knowledge, perspectives, and experiences of every kind.

Members can have enriching discussions amongst themselves and build each other's perspectives about different walks of life. Moreover, this diversity can be handy in helping members solve problems and enhance personal growth.