

# GROUP COACHING SESSION PLANNER



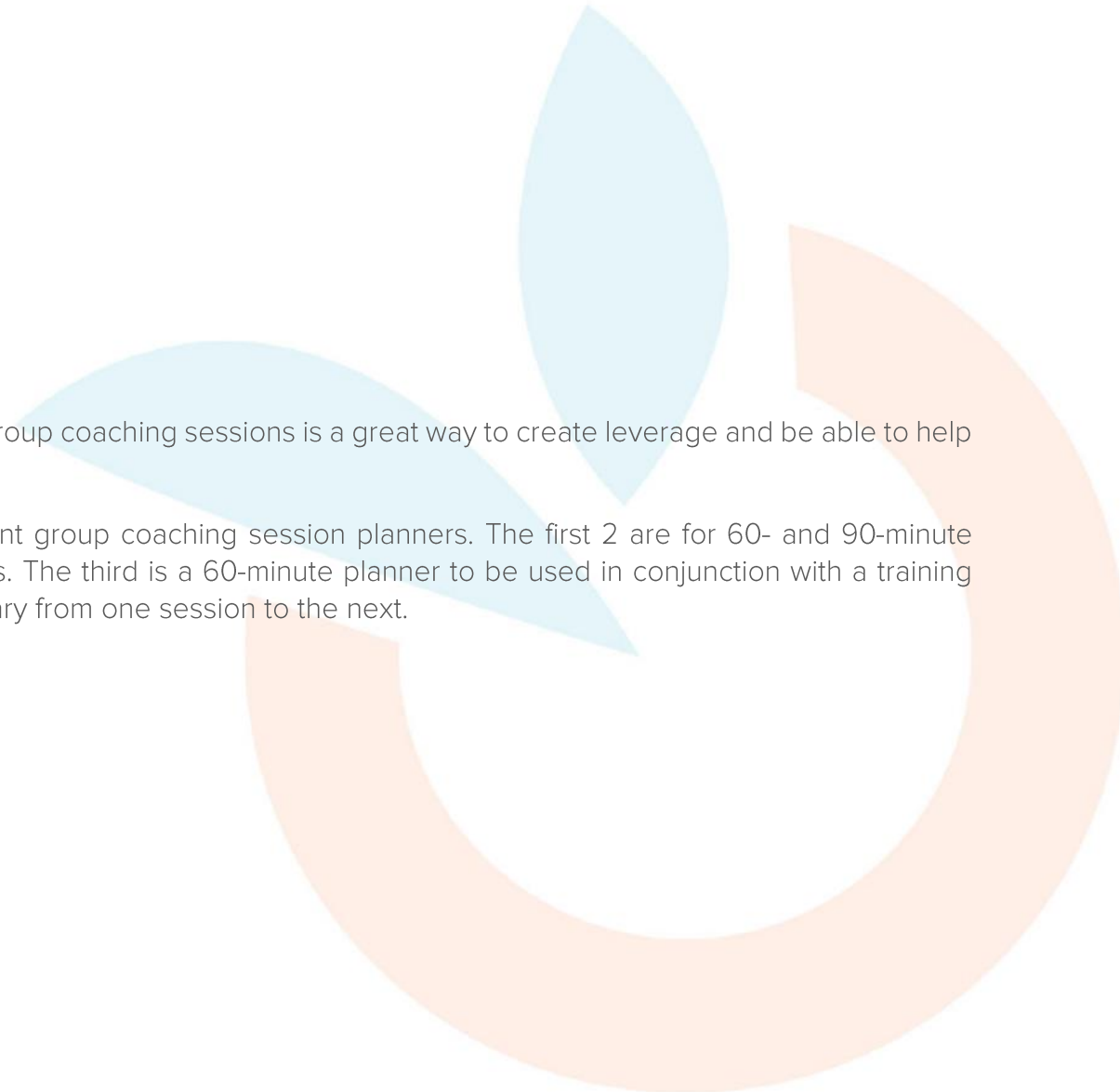


## INTRODUCTION

If you're an expert, coach or consultant, offering group coaching sessions is a great way to create leverage and be able to help more people.

In this blueprint, I'll be sharing with you 3 different group coaching session planners. The first 2 are for 60- and 90-minute sessions where you have 12 or fewer participants. The third is a 60-minute planner to be used in conjunction with a training program where the number of participants may vary from one session to the next.


*Sharon Hayes*




## 60-MINUTE PLANNER FOR 12 PARTICIPANTS (OR LESS)

This planner is for 60-minute sessions which include 2 short hot seats.


TIME	PROMPT	NOTES
-0:15	Prepare	
-0:05	Call in	
0:00	Welcome	

TIME	PROMPT	NOTES
0:02	Check-ins	
0:15	Session Content	

TIME	PROMPT	NOTES
0:27	Discussion Around Theme	
0:37	Hot Seat #1	
0:43	Hot Seat #2	




TIME	PROMPT	NOTES
0:49	Priorities	
0:56	Closing	



## 90-MINUTE PLANNER FOR 12 PARTICIPANTS (OR LESS)

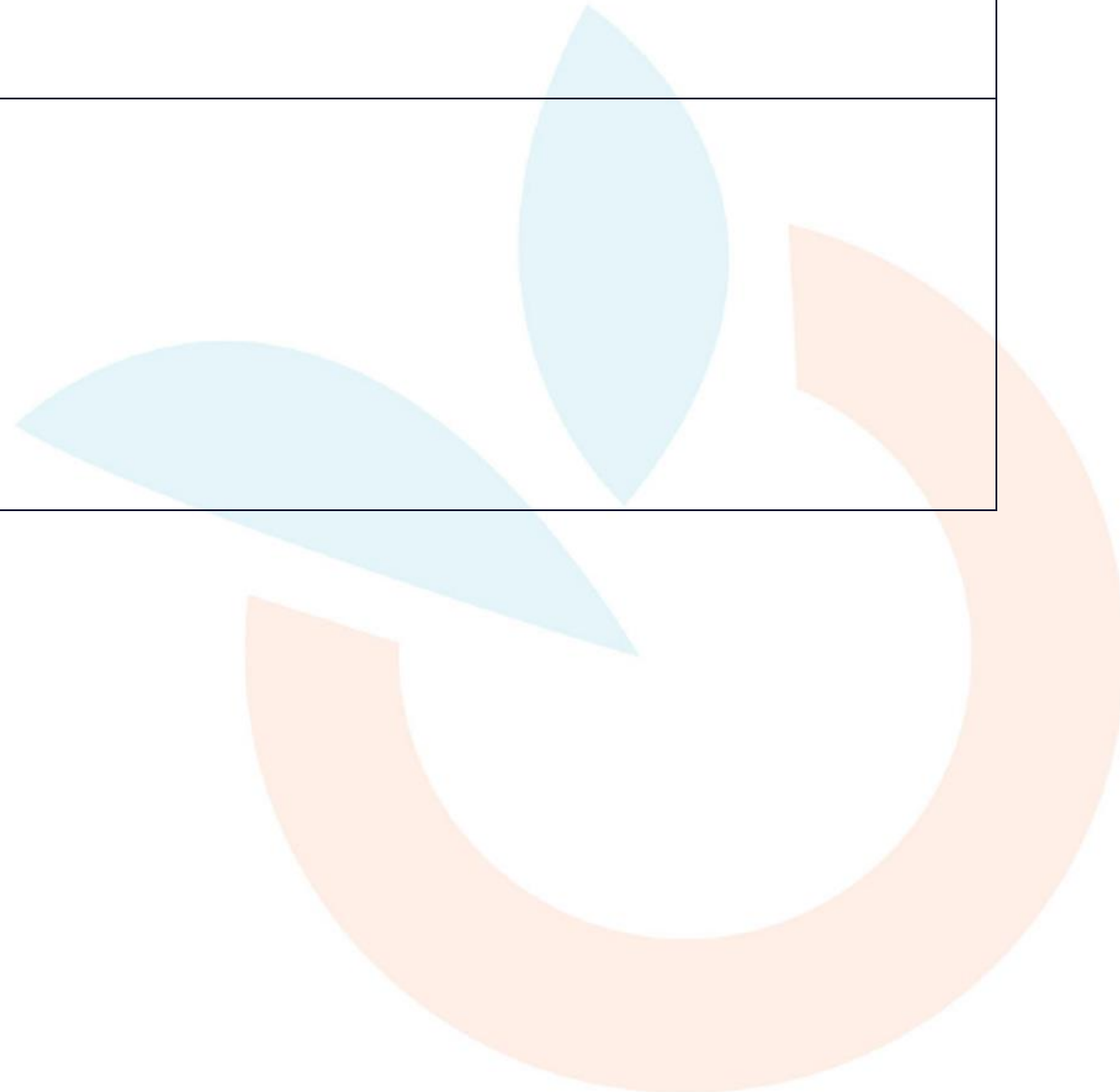
This planner is for 90-minute sessions which include 2 medium-length hot seats and a Q&A portion.

TIME	PROMPT	NOTES
-0:15	Prepare	
-0:05	Call in	
0:00	Welcome	


TIME	PROMPT	NOTES
0:02	Check-ins	
0:15	Session Content	



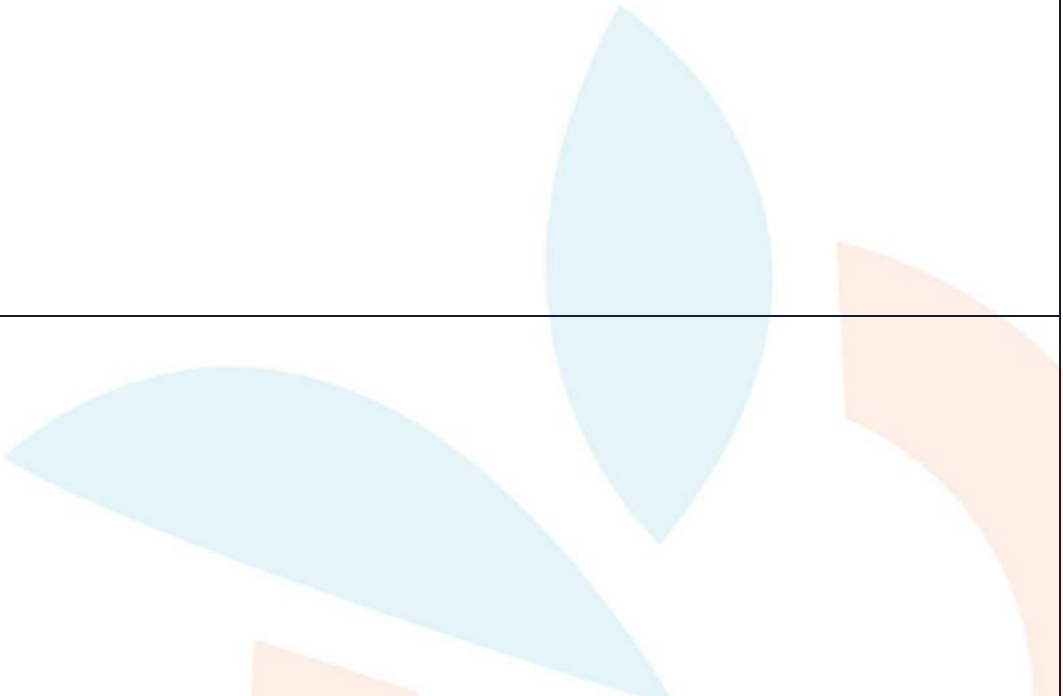
TIME	PROMPT	NOTES
0:27	Discussion Around Theme	
0:37	Hot Seat #1	



0:47	Hot Seat #2	
<b>TIME</b>	<b>PROMPT</b>	<b>NOTES</b>
0:57	Q&A	




1:20	Priorities	
1:26	Closing	



## 60-MINUTE PLANNER FOR TRAINING PROGRAMS

This planner is for 60-minute sessions which includes a Q&A period.

TIME	PROMPT	NOTES
-0:15	Prepare	
-0:05	Call in	
0:00	Welcome	

TIME	PROMPT	NOTES
0:02	Check-ins	
0:15	Session Content	

TIME	PROMPT	NOTES
0:27	Discussion Around Theme	
0:37	Q&A	
0:56	Closing	

