



Dynamic Group Leadership

How will you lead a group using your content or process in a way that feels natural to you? The work you do in this Module will build on the skills you already have and some you may want to grow in your leadership.

Leadership that will help you interact, engage and bring your authentic power to a coaching group.

Leadership that helps you keep the group focused and engaged.

Leadership that helps you kindly - and confidently - take charge with participants who are inclined to dominate the group.

It is important to dive deeper into your own style of leading to make sure you cover that ground. You will also want to decide what to design with your participants so they know what to expect and are a positive support to each other.

You want to create a dynamic experience for a content-based group. And balanced heartfelt sharing and forward motion in a process-based group.

A great place to start is with these questions:

What do you already know about your effectiveness as a leader?



What do you admire in other group leaders?

A large, empty light blue rectangular box intended for writing answers to the question above.

What have been your favorite experiences in group programs?

A large, empty light blue rectangular box intended for writing answers to the question above.



What have been your least favorite experiences?

What were the times you've felt the leader was not doing a great job?



When you look at these and other examples of group coaching, you will find that the qualities that make a group dynamic are sometimes obvious, sometimes not.

What makes group coaching leadership fun and challenging is that it is something you can't pin down right away. It takes time and experience to hone your leadership skills, especially when you are leading a new offering.

There is not a cookie cutter approach that works for all groups.

Sometimes the challenge is with the individual participants who may have unique ways of engagement. Everyone has quirks!

For others, it's really vulnerable to engage with a group.

This is what makes a group program worthwhile. The participants get to name and move through their resistance, to cultivate vulnerability and learn from each other. There are some insights and experiential learning moments that can only happen in the context of a group consciousness.

It's your leadership that makes it all possible.