

Effortless
LIVE LIFE WITHOUT LIMITS
NOW

Zen With Me

Group & Individual Coaching





Zen with Me!

Group and Individual Coaching continues to increase a better lifestyle for clients/participants.

Our group coaching technique brings the coaching conversation into a small group context. It is an intimate conversation space focused on goal setting, deepening awareness around key issues, taking action, and accountability.

The group will feel grounded in our core coaching capabilities. For a group to be considered, there will need to be a minimum of five to ten participants.

As a Masterful group coach, I deliver an applicable guarantee to you and your team with respect to necessity. We all go through tough times where coaching and guidance are needed to get us where we want to be. So, step back and create a strong process framework for the coaching to emerge from.

The Benefits of Group Coaching:

Our group coaching participants benefit from learning alongside others and realizing that everyone participating in the same challenge is very supportive of each other, regardless of what they may be going through in life. The learning process is as important as interacting with the coach and others in the same room. Many participants find the process "less on the spot," giving them more time to reflect and integrate their insights.

Group coaching is a powerful way to leverage time and resources, enabling you to work with more clients, potentially at a lower price point.

Group coaching can also be positioned as a training follow-on. This supports participants to come from a place of worthiness and deserving, while also being open to wanting to create a better life for themselves.



Group Coaching gives participants the learning tools to help them in their personal and professional lives.

What Group Coaching Looks Like:

Group Coaching's unique setup is an open platform with no limit on topics. Before starting, I always take a moment to feel the energy in the room and connect with the energy of all participants.

This method helps deliver a more impactful message for each individual to learn and grow from.

Each individual may have their own goals, but the other participants could be in a similar phase, or timeframe, in their life and business. It's an opportunity for all to connect and grow stronger together. Our group coaching participants will always have the chance to ask questions, learn, move forward, and apply every session's teachings to their lives.

When you allow the life process to unfold naturally, you begin to see the transformation in your life. This change can also be incredibly exciting! It's okay to start over! A new pattern of thought will not kill you.

A new wave of emotions is needed. A new connection to the world is happening already.

A new belief system is a must to accomplish big and new things. Our experience rarely gives us a complete picture of the situations we face.

Take your journey step by step. These steps to a path of spiritual growth will help create a strong foundation.

Key considerations:

What creates the foundation for masterful programs? Lead from my core coaching skills - group coaching is an extension



of the coaching process. As a coach, I lead with my core coaching skills and remember the importance of my clients/participants. I focus on action and awareness, along with accountability.

Just as in one-on-one coaching, in group coaching the relationship between myself and my clients is foundational for success. I take the time to get to know each person.

In the lead-up to my group coaching processes, I usually hold a pre-program phone conversation with each person. I use this call to answer any questions they may have, as well as to learn more about them. I want to know what brought them to the program and their goals. The sooner I can meet everyone and understand their experiences, the quicker I can help them blossom into the person they are meant to be.

If you cannot connect with people before the start of the program, you will want to ensure this happens during the first group coaching conversation. The first group coaching session should also identify or confirm the topic or themes the coach will use to anchor the session.

Unlike a 1-1 conversation, where it is common to have the individual client set the agenda that day, it can be useful to have an anchoring theme for each session. This allows group members to ground their thinking and focus on each session. For example, one week of a group coaching program for business owners may focus on business vision or values. For leaders, an anchoring theme may be strengths as a leader. These common themes anchor and focus the conversation.

Recognize that different group members will have different styles. There will be multiple personalities and style preferences within your group. Consider where preferences lay in terms of visual, auditory, and kinesthetic learning styles, or those that learn by seeing, hearing, or doing. You will also want to learn about individual group members' preferences in terms



of how they prefer to process (verbally, in reflection, fast or slow). Vary your approaches accordingly.

Coaching Services & Package and Price:

Group coaching is taking many forms globally, given that it is driven and shaped by the various needs of different client groups. As a result, the group coaching conversation can feel "wide and broad" rather than the deep, deep dive of an individual coaching conversation.

Rate: \$500.00 for a two-hour session.

Discount Rate:

Each session can be scheduled once a month for the three-month commitment.

The discounted price is \$350.00 for two hours with a commitment of three two-hour speaking sessions @ \$350.00 each session with five to ten total participants.

Group coaching is an ongoing conversation that supports change over time. Small changes are just more sustainable.



Individual Packages

Per Person

ZEN BEGINNER (Bronze membership)

\$19.95 /per month

Full Access to Monthly Effortless Now Zoom Calls

24/7 access to Effortless Now Telegram Channel

24/7 access to Effortless Now private FB Channel

ZEN STARTER (Silver membership)

\$39.95 /per month

Full Access to Monthly Effortless Now Zoom Calls

24/7 access to Effortless Now Telegram Channel

24/7 access to Effortless Now private FB Channel

1 Private access to Monthly group Zoom Call Q&A

ZEN PRO (Gold membership)

\$99.95 /per month

Full Access to Monthly Effortless Now Zoom Calls

24/7 access to Effortless Now Telegram Channel

24/7 access to Effortless Now private FB Channel

1 Private access to Monthly group Zoom call Q&A

4 Private access to Monthly group Zoom call Q&A

ZEN MASTER (Platinum membership)

\$299/per month

Full Access to Monthly Effortless Now Zoom Calls

24/7 access to Effortless Now Telegram Channel

24/7 access to Effortless Now private FB Channel

1 Private access to Monthly group Zoom call Q&A

4 Private access to Monthly group Zoom call Q&A

1 Monthly private one-on-one 1-hr Zoom call



ZEN LEGEND (Black membership)

\$599/per month

Full Access to Monthly Effortless Now Zoom Calls

24/7 access to Effortless Now Telegram Channel

24/7 access to Effortless Now private FB Channel

1 Private access to Monthly group Zoom call Q&A

4 Private access to Monthly group Zoom call Q&A

4 Monthly private one-on-one 1-hr Zoom call

This is a more effective way and an essential element for a Masterful coach to be available to participants.

The secret to a rich life is to have more beginnings than endings. The past is gone, and today is full of possibilities. Change is hard, I know. I'll be the first person to tell you that. But I also know that you have a choice. And it is yours to decide which direction you want to take.

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General inquiries please email here: s.gara@garagroup.com

Visit us at www.effortlessNow.us