



## **GROUP COACHING**

*This document begins with a description of what happens in sessions, then all structures and fees are laid out. Please feel free to direct any questions to [jaya@jayathetrustcoach.com](mailto:jaya@jayathetrustcoach.com).*

### **WHAT GROUP SESSIONS ARE LIKE**

In sessions, there will be time for at least two group members to be in the hot seat to share their concern and receive coaching, and sometimes more. Group members are never passive participants when not being coached; they are not simply witnessing other people's work. Each time, everyone is asked to find the matching situation or person or places in their life where they struggle with similar beliefs or have similar feelings evoked. One of my favorite things about the group process is that everyone heals and refines their personal-growth process anytime and every time one person steps forth with specific things to work on.

In session, we breathe together, drop into the feeling body, tend the mind.

I listen carefully to people's language to mirror back how they're holding a situation (for example, they feel like a victim of a person or situation, they feel tied to old insurmountable patterns, they feel their life is a puzzle that can't be solved, they feel ill-equipped or incapable of dealing with something in their life or moving a dream forward, they can't get to self-acceptance in a certain realm, they're trapped in dissatisfaction or judgments in relationships, they're in scarcity mentality or what Gay Hendricks calls an Upper Limits Problem, and so on).

Together we do inquiry to question and reframe thoughts, especially using The Work of Byron Katie and parts of that process.

We also use EFT (Emotional Freedom Technique) or tapping to clear out pain and beliefs lodged in the cells of the body and to turbo-charge any new insights, releases, and new ideas you're ready to experiment with. I draw on the Enneagram to help people understand their difficulties, to know their power, and to make sense of their beautiful life journeys through the lens of the personality programming they're running on.

Finally, I tell stories and teach concepts in sessions to support participants to stretch their thinking to what is truer, more authentic, and more empowered. I support their ongoing connection to Source and self and others (for the latter, this includes right boundaries). I support you to know and follow their own belief systems, and most important, their own guidance systems. I teach no-bullshit non-glossy Law of Attraction principles, especially as taught by Abraham-Hicks. I will encourage you to tune in to your own knowing, clear out what's in the way of clarity or forward movement, meet resistance and anything in yourself without judgment, and learn to navigate by your powerful guidance system without talking back. I strongly believe anything can be healed, and you are here to thrive and to offer your gifts to the world in a way that's deeply fulfilling to and fun for you.

### **WHAT PARTICIPANTS GET FOLLOWING EACH SESSION**

Each time, within 24 hours, I'll send out

- an audio replay
- supportive materials to reinforce concepts and processes that came up in session
- pairing assignments & a deepening exercise to do with one other group members (pairings are chosen randomly & change every time; you can opt out for a week, or any number of weeks, though I highly recommend that you do these each time)

### **CREATE OR JOIN A GROUP**

1. Create your own group with people you know you want to work with.
2. Ask to be put into a group if/when sufficient people with aligned needs coalesce in my world.

## **GROUP STRUCTURES**

9 or 16 weeks (weekly or biweekly)

8 coaching sessions (90 min each), plus one check-in session (60 min)

### Check-in session

After coaching session #4, at the halfway point, we have a check-in session to evaluate, recalibrate, and integrate the work in light of our initial intentions as well as current relevance. This will keep us on-point, refine our process, and allow for the best possible journey and outcomes. I welcome an individual email exchange with each participant after this session and before our next meeting. So while the session is shorter, I will give the same or more time total.

## **PRICING**

\$597 per person for 9 or 18 weeks

- Pay total up-front
- Make 2 payments of \$309
- Make 3 payments of \$211

*I will bill you by PayPal in the beginning and at right intervals.*

## **PARTICIPANT NUMBERS**

Group must include (not counting me) a minimum of 4 people and maximum of 8. If you wish to form a 3-person group, per-person prices will change accordingly to get to totals for 4. Once a group begins, it is closed.

## **INTENTION TO COME TO ALL SESSIONS**

When you agree to the established meeting time, please be reasonably sure that you can be present for all sessions. Life happens, so this could shift, but don't join a group if you know from the start you'll miss more than one meeting. Sessions will always be taped (recording to be shared only with group members).

## **GROUP THRUST**

This could be very general:

- bringing our personal-growth process to this group and meeting whatever comes up in our current reality using various tools

It could be general with an overarching theme:

- understanding the Enneagram more deeply as it plays out in current situations and relationships
- understanding and leveraging the Law of Attraction in practical, no-BS ways in all realms of life
- cultivating the magic without magical thinking

It could be super specific:

- meeting issues of exposure and confidence in putting our work out into the world
- seeking to leave a primary relationship
- bringing consciousness to [food] [parenting] [self-care]

## **INDIVIDUAL INTENTIONS**

These will vary widely from one person to the next. Before our first session, I'll send all of you a questionnaire that will support you to articulate what you're up against and what you do and don't know or feel good about in terms of how you're showing up. These are designed to get you to a statement of intention. You'll return these to me individually (no one else will read your responses), and I'll either approve your statement of intention as is or invite you to some tweaking.

Don't belabor these. They could even change as we go because of our shared process. Answering the questions will support you to connect to what you wish to gain from the adventure and to put it in writing.

## **POSSIBILITY OF EXTENDING GROUP**

Beyond the 9 or 18 weeks: The group can renew for once-monthly sessions 3 at a time for \$188 per person. You're welcome to make 2 payments of \$94 for that.

## **INDIVIDUAL ADD-ONS**

**A single individual session:** \$111 (This represents a significant discount.)

You can take this one-time 60-minute session (or 45-min session with takeaways) anytime during our time together or within 8 weeks following our last session.

**Individual takeaways after each of 8 group sessions:** \$99. (Pay that up-front or talk to me about a tweak to that timing.) After each session, you send me a write-up of whatever you gained (insights, developing understandings, intentions for application, and so on), plus any follow-up musings and questions. I write you back individually. This will deepen your process and help you to remember and better integrate and practice the things we talk about. I will spend at least 15 minutes on these each time. If you write scant takeaways, my response will be more minimal. When people really drop in with takeaways, we have meaningful exchanges that leave them with a written record of the journey. I can't tell you how often clients tell me they keep rereading takeaways beyond our work together.

You can use the process of takeaways to keep your individual intention in view and well-addressed by whatever we do in the group, and to ensure deeper reflection and greater application. If you'd like greater support and accountability for active participation, takeaways fill the bill. Note that the total cost of group coaching plus takeaways is significantly less than the cost of one-on-one coaching. Takeaways allow you to get more individualized attention to support you beyond the group process.

For people in groups that meet weekly, takeaways are due within 48 hours of meeting unless otherwise negotiated with me (just email to tell me when they're coming if not at the agreed-upon time). For those in groups that meet biweekly, send them any time within a week (due date is on our usual meeting day on the off-week).

**Takeaways guidelines** (for those who choose to do individual takeaways)

Some helpful questions for or things to include in session takeaways:

- What did you remember, learn more deeply, or see new ways to apply?
- What new tool or resource came in that you intend to play with?
- What do you intend to try out or do differently in your life? Do you have a grand or small experiment to declare?
- Describe an aha-moment, new insight, or point of illumination (all of which ultimately name the same thing, but let the different phrasings stir that lovely sense of pure potentiality inside you).
- What have you understood more deeply since session, or what sign or event (everyday magic!) came in to reinforce or take further what we did together?
- Did you forget to tell me anything in session or not have a chance to address something that you'd like to throw in now?
- Relate the session to our overall intention and tell what you see as the next thing you need help clearing up or understanding--the next direction you'd like to go in our work together.
- Tell anything you want to tell!

## **AGREEMENT FOR CONFIDENTIALITY & FOR HOW WE HOLD THIS SPACE**

I agree to keep confidential anything shared in this group. I agree to use the recording of sessions only for myself and share with no one else.

I agree to hold space for each being present, seeing everyone in the highest light. For these hours together, I agree to put aside any negative story that comes up or any preconceived notions I have or accruing impressions I might gather about anyone here. Instead, for everyone present, I take the stance “My love is greater than your fear.”

I agree to continue bringing back to myself any insights and advice I find myself directing toward another. I will apply these to my own process. I am here to work on myself and my life.

I will also seek to hold myself in the highest light. Where I’m concerned about what others think of me, I’ll keep coming back to what I think of myself. I will seek to be in good standing with myself, to meet whatever comes up for me with compassion, and to move as directly as I can at any given moment toward the highest vision of myself accessible to me right now. I am willing to believe in my own evolution, to boldly and authentically step into the next best version of myself.