



# Team Coaching

1. What is Team Coaching
2. What Team Coaching is Not

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## **Qualifications**

BA, BEd(Psych),

MEd(Psych)Cum Laude, MBA.



# What is Team Coaching?

- Enhances the collective performance of your team
- Focuses on building team cohesion and collaboration
- Uses evidence-based practices to drive team results
- Provides a safe space for teams to address conflicts
- Partners with the team to improve dynamics
- Helps the team align on a shared vision and strategy
- Expands team options for problem-solving
- Guides teams to achieve their objectives more effectively
- Promotes collective communication
- Facilitates team and individual accountability
- Empowers your teams to find their own solutions together

# What Team Coaching is Not

- Does not focus on individual performance
- Does not give the team all the answers
- Does not "fix" dysfunctional teams overnight
- Is not team training
- Does not impose solutions or processes
- Is not a one-time intervention
- Is not group therapy



# Group Coaching

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# What is Group Coaching?

- Enhances individual growth within a group setting
- Focuses on shared learning and development
- Uses evidence-based practices to benefit all group members
- Provides a safe space to explore diverse perspectives
- Partners with the group to identify common goals
- Helps individuals learn from each other's experiences
- Expands options through collective brainstorming
- Guides the group in supporting each other's progress
- Promotes mutual accountability and motivation
- Empowers individuals to find solutions with group support

# What Group Coaching is Not

- Does not focus solely on the group's goals
- Does not give individuals all the answers
- Does not "fix" individual issues
- Is not group training
- Does not impose a single approach for everyone
- Is not just a series of lectures
- Is not a support group