



GROWING QUESTIONS

This eight-session group coaching experience occurs weekly. Prior to each group coaching session, you will watch a five-minute video that sets the tone for the session. During the hour-long group coaching session, we will begin with a clearing activity to open us up to the experience, and use the GROW model (**G**oal, **R**eality, **O**ptions, **W**ill Do) to guide our time. The Will Do is Homeplay that you will have fun exploring between sessions. At the end of the eight weeks, you will find yourself being in a growth/learner mindset more often and able to navigate tough situations with more calm and clarity.

It's All in Your Head

We'll set the stage for success by diving deep into all aspects of mindset and observe how yours are affecting you!

Accept the Humanity

We will work on accepting ourselves and others and practice growth with kindness towards ourselves.

Cool, Calm & Collected

We will nurture observation skills and learn how to respond to situations, rather than react.

The Power of Questions

We will look at the kinds of questions we tend to ask ourselves and others in the two basic kinds of mindsets: growth/learner and fixed/judger. And we'll look at how to ask the right questions to shift into a growth/learner mindset.