

The Sacred Grove-Group Coaching Series

At the Sacred Grove we practice a holistic type of life coaching that addresses all aspects of the person: the physical, the emotional, the intellectual and the spiritual. Our mission is to help people to get back to their true self. We believe that everyone has the resources within to not only cope with what life presents to them, but to grow, to thrive and to contribute meaningfully to the world around them.

Life coaching is goal oriented. The role of the coach is to assist the client in identifying their goal and motivating them to achieve results. This involves a sequence of steps: self-assessment, identification of obstacles, visualization, action, reflection, ongoing check-ins, fine-tuning, and celebrations of success.

A coach is not a therapist, nor is a coach a counsellor. Coaches work with the client from the stance that the client already has all the answers within, but just needs support to remove obstacles that block that inner guidance from coming through. Coaching empowers, is future oriented and gets results.

At the Sacred Grove we offer three levels of group coaching. Group coaching offers a sense of community to the coaching format. While there are common activities that all members of the group will explore, providing a structure to the coaching, the content of the exploration is individualized. During weekly meetings, there are whole group, small group, partner and individual activities. In addition, clients have weekly one on one phone coaching sessions varying in length from 15 minutes to one hour in progressive stages as well as access to email support. After the coaching series ends there is also a 6 week check-in later by phone. Group coaching offers the best of individual coaching within a community of support at a fraction of the cost of one to one coaching. It is an ideal way to test out the waters to decide if coaching is right for you and meet others interested in self-exploration and growth.

Our Coaching Packages

Three Separate Series to Meet Different Needs

Maximum of Ten Participants per Series

Pebbles-4 weeks	Stepping Stones-6 weeks	Boulders- 9 weeks
<u>Fall (revised dates)</u> Wed. October 14, 2015 Wed. October 21, 2015 Wed. October 28, 2015 Wed. November 5, 2015 <u>Spring</u> Thurs. June 2, 2016 Thurs. June 9, 2016 Thurs. June 16, 2016 Thurs. June 23, 2016	<u>Fall</u> Wed. November 11, 2015 Wed. November 18, 2015 Wed. November 25, 2015 Wed. December 2, 2015 Wed. December 9, 2015 Wed. December 16, 2015 <u>Spring</u> Wed. April 6, 2016 Wed. April 13, 2016 Wed. April 20, 2016 Wed. April 27, 2016 Wed. May 4, 2016 Wed. May 11, 2016	<u>Winter</u> Wed. January 6, 2016 Wed. January 13, 2016 Wed. January 20, 2016 (skip a week)- <u>revised date</u> Wed. February 3, 2016 Wed. February 10, 2016 Wed. February 17, 2016 Wed. February 24, 2016 Wed. March 4, 2016 Wed. March 11, 2016

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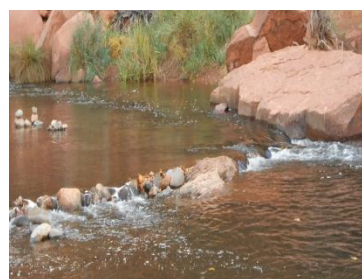


Maximum of Ten Participants

Pebbles (\$160 + HST)

- ☯ 4 weeks to kick start a change in your life- \$40/week
- ☯ Focus on helping you identify your values, priorities and how they relate to the environments you are in.
- ☯ Wednesday (Fall session) ,7-9 pm (Thursdays in June)
- ☯ Weeks 1, 2, 4- 15 min phone call one on one outside of class
- ☯ Week 3- ½ hr phone call one on one outside of class
- ☯ 6 weeks after end of course ½ hr check in phone call
- ☯ Additional email support within reason.

**All phone calls are scheduled at mutually agreed upon times and the coach will call the client at the number provided at the time of scheduling. If you need to change the time, please give 24 hrs notice.



Maximum of Ten Participants

Stepping Stones (\$210 + HST)

- ☯ 6 weeks to dive deeper into self-awareness-\$35/week
- ☯ Focus on unraveling your hidden beliefs and how they impact your behaviours and sabotage intentions.
- ☯ Wednesday 7-9 pm
- ☯ Weeks 1, 2, 4, 6- 15 min call one on one outside of class
- ☯ Week 3- ½ hr phone call one on one outside of class
- ☯ Week 5- one hr phone call one on one outside of class
- ☯ 6 weeks after end of course ½ hr check in phone call
- ☯ Additional email support within reason.

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Maximum of Ten Participants

Boulders (\$270 + HST)

- ☯ 9 weeks to go big and live boldly-\$30/week
- ☯ Focus on your identity, purpose, and capabilities.
- ☯ Wednesday 7-9 pm
- ☯ Weeks 1, 2, 4, 6, 7, 9- 15 min call one on one outside of class
- ☯ Weeks 3, 8- ½ hr phone call one on one outside of class
- ☯ Week 5- one hr phone call one on one outside of class
- ☯ 6 weeks after end of course ½ hr check in phone call
- ☯ Additional email support within reason.

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