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VIRTUAL GROUP COACHING

INTRODUCTION

To enable dispersed workforces to benefit from our award-winning group coaching, and to allow clients to be more inclusive in the support they offer their working parents, we have developed virtual group coaching programmes using online meeting facilitation platform – ZOOM.

Providing participants with an experience as close to the face to face environment as possible, our programmes include 2-way and small group communication, virtual breakout areas and group wide discussion, all facilitated by one of our highly experienced coaches, trained specifically in online coaching.

BENEFITS FOR ORGANISATIONS

Our programmes have been shown to positively impact post maternity retention and shift attitudes towards integrating career and parenting responsibilities amongst working parents. We have designed our virtual classroom programmes to provide participants with as much of this award-winning group coaching experience as possible.

Employers benefit from:

- Increasing the scope and breadth of their working parent support initiatives for maximum inclusivity and to accommodate dispersed work forces
- Comprehensive support based upon our years of experience in coaching thousands of parents and their managers with award winning group coaching programmes
- Creating self-supporting networks of working parents across their organisation who extend the benefits of the course well beyond the duration of the programme
- An easy to implement virtual coaching solution that requires no additional technical investment
- The ability to test group coaching and its impact in a cost-effective way
- For smaller companies, the opportunity to offer high-quality support programmes for working parents
- For business networking groups, memberships groups and multi-party organisations the ability to provide parental support for their members



PROGRAMMES FOR WORKING PARENTS

The course for working mothers and fathers offer a condensed version of our face to face programme tailored for an online environment. It consists of three, 90-minute group coaching sessions focusing on the particular drivers for that group and covering some essentials of our core programmes.

Across our programme, working parents will benefit from:

- Getting clearer about what success as a working parent looks like for them as an individual
- Learning strategies for successfully combining career with parental responsibilities
- Talking openly to help normalise their experience as a working parent and learn from others
- Building a relevant support network for sharing ideas and exchanging solutions, both on the programme and beyond



PROGRAMME FOR MANAGERS

Critical to helping working parents is the support they receive from their managers, we therefore offer two different programmes for managers to suit the needs of a particular organisation:

Face to face group coaching for managers and team leaders.

- Our flagship programme for managers, providing an open environment to understand the challenges of being a working parent and strategies to support them for the benefit of the whole team.



Online module for managers

- An interactive e-learning module designed to provide managers with the essentials of how to best manage the working parents in their team.

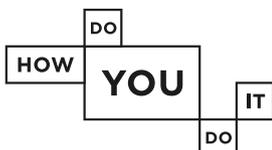
HOW OUR VIRTUAL GROUP COACHING PROGRAMME WORKS

Zoom courses are straightforward to set up and our course notes come with a short 'how to' technical guide for all participants. Participants are invited to the course and given an access link just like accessing a video conference.

One of our qualified coaches runs the presentation, and all participants can ask questions and interject at any time as the course progresses. Our programme is designed with group work in mind and ZOOM allows people to collaborate in small groups at regular intervals. Our coach can interact with each group, providing additional assistance and feedback as needed, before bringing the whole group back together for discussion and to allow the course to progress.

There is a high level of participation throughout the course and lots of opportunity for reflection, interaction and sharing of experiences and ideas between participants to maximise the impact of the group coaching environment.

Participants leave with a network of people sharing common challenges and concrete strategies for integrating their career and home lives.



FIND OUT MORE

