

FAQ's about Group Coaching:

What is a Self-Aware Leader?

A self-aware leader is a leader who:

- Recognizes their strengths and challenges
- Optimizes their strengths for enhanced leadership impact
- Looks beyond their own interests to see how others are impacted by their actions
- Has laser precision focus and a present moment mentality
- Recognizes how their emotions impact their behaviors and the behaviors of others
- Clearly communicates their needs one-on-one and in large groups
- Has a high level of empathy for others and uses this to create a more nurturing work environment
- Has a high resilience and a positive outlook when change occurs

Why Group Coaching and not Individual Coaching?

Several years ago, I began to offer my coaching services in a small group format to fit the needs of some of my clients at that time. What I found was that a small group of supportive colleagues and friends helping you reach towards your goals and work through your current challenges proves to be transformational. Group coaching not only offers you a support network to lean on for years to come, but is more cost-effective for your budget than individual coaching (by more than ½ the cost!) and connects you with individuals with similar backgrounds and experiences.

Why would I want to coach with people I do not know?

Networking is a key factor in how we meet new people and build new relationships. As we work on our emotional intelligence and self-awareness, many mental and emotional blocks surface where an outsider's perspective can prove to be invaluable. In the group coaching sessions, you are not required to share anything that makes you uncomfortable. But remember, vulnerability is one of the key's to being a successful leader. With my guidance and counsel, you will learn how to carefully navigate what and when to share sensitive information about yourself. The individuals in each coaching group are carefully chosen based on their backgrounds and reasons for taking part in the group coaching.

What if I must miss a session?

All six live virtual group coaching sessions are pre-scheduled and will be conducted via Zoom. If you are unable to make a scheduled session, you can reach out to Chris for a make-up session (limit 2 make-up sessions per individual). The live coaching sessions will not be recorded. This is so the privacy of the group and the information that is shared is honored.

How much of my time will this take?

We will have one 90-minute session weekly for six weeks. In addition, each coaching participant will be taking the EQi 2.0 assessment, which will take approximately 20-30 minutes. Each week, there will also be approximately 1-hour worth of self-reflection work to process what was discussed and prepare for the next week.

Total hours per week: 2-3 hours

If I cannot afford the \$599 registration fee, are there payment options?

Payment of the \$599 registration fee is due upon registration. If you have extenuating circumstances, please email me at chris@chrissopa.com and we will work out a payment arrangement for you. Payment of the registration fee can be made via credit card, Venmo, Zelle, or a personal/business check.

After the program, participants will:

- Have a heightened sense of self-awareness in all areas of their life
 - Know how to recognize their emotional reactions before they occur
 - Know how to interpret the emotional reactions of others
 - Understand how they move through change and what they need to do that successfully
 - Know how to reframe old limiting beliefs and replace them with beliefs that are more aligned with their true desires
 - How to continue to increase their self-awareness day to day
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