



Effective Practices for Group Health Coaching:

Let's Get Healthy Together!

Presented By

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The opinions expressed in this webinar are those of the presenter(s). NWI assumes no responsibility for views expressed and statements made by the presenter(s).



Meet your Presenters!

Collective group coaching experience: 15+ years!

Trish Turo

- **Located:** Mechanicsburg, PA
- **Passionate about making health and wellness accessible to all ages and all stages!**



Rose Burpo

- **Located:** McIntosh, MN
- **Passion for group coaching and facilitation, and helping people have more fun and THRIVE!**

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Learning Objectives

- **Define and differentiate** between effective and ineffective group health coaching strategies.
- **Discuss** how to set expectations for best group coaching practices to support a psychologically safe **virtual** session.
- **Implement** practical and fun facilitation strategies for group coaching environments, bringing virtual attendees together for maximum impact.

Poll time!




YAYs



Those pineapples belong on this pizza.

NAYs



Pineapple pizza.

**Just kidding!
REAL Poll time**

NO | **YES**

Define and differentiate
between **effective** and **ineffective**
group health coaching strategies

Group Coaching is like a Guest Room



No kidnapping! ❌



Effective group strategies

- Psychological safety
- Clear expectations, with a flow of conversation
- Opportunities to pivot and be flexible
- Meet them where they're at!

Ineffective group strategies

- Zero connection
- Unclear expectations, no organization
- Rigid, sticking-to-the-script and nothing else
- Facilitate without any input

Discuss how to set expectations for best group coaching practices to support a psychologically safe virtual session

Small groups (up to 9)

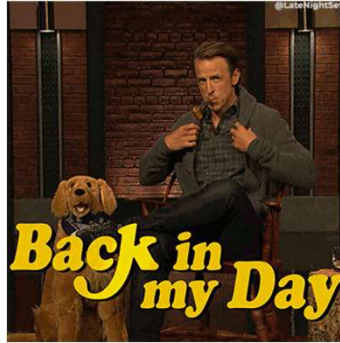
- **Set expectations** for flow of conversation: i.e. Let people know when it's time to mute/ or unmute and share
- **Build rapport** quickly
- **Discuss and allow** opportunities for everyone to share/speak, interact as comfortable

Large groups (10+)

- **Set expectations** for communication: i.e. Use the chat
- **Keep people engaged** by offerings polls, questions, opportunities to share ideas
- **Present ideas** to respond to over having a roundtable discussion

Setting Expectations

Story time with Rose



Common Challenges when Setting Expectations

- Consider world events/current news
- Prepare for challenges like political talk/ rants
- Keep an eye out for people who bulldoze over others or rant, as well as people who hide or withdraw

Ready?

Group health coaching

What it is

- A collaborative space
- Supportive environment
- A space for learning and fun
- An opportunity to enhance social connectedness

What it isn't

- Group therapy
- Space for political, religious, or severe mental health commentary
- A forum for receiving a mental health diagnosis

How do you find common ground between someone who is *training for a marathon* and someone who has *fibromyalgia* where some days 500 steps is a win?

Quick Ice Breaker

Rose tells a joke

Trish chugs her drink

Psychological Safety

Story time with Trish



Common Challenges in creating Psychological Safety

- Awareness of your own emotional intelligence and triggers
- Reminder not to take things too personally
- Invite hard questions as a way to connect
- Encourage members that their questions are always welcome, especially after setting expectations
- Laugh at yourself - you're human!

What will my coach do for me?

Help you identify your health goals

Regularly check-in with you and provide support



Help you navigate challenges

Celebrate your wins along the way

Setting Expectations THEMES

- This is a supportive environment, creating a team-like culture
- There's an opportunity to learn together and cultivate a growth mindset
- We're ALL learning - facilitator included!


Psychological Safety THEMES

- Thank people for their vulnerability
- Talk about the challenges you're navigating together
- Encourage support from other members, reflect and share similarities and learnings
- Celebrate wins together as a group

Implement practical and fun facilitation strategies for group coaching environments, bringing virtual attendees together for maximum impact

<h3 style="text-align: center;">Small groups (up to 9)</h3> <ul style="list-style-type: none"> ● Engagement: <ul style="list-style-type: none"> ○ Ice breakers ○ Popcorn ● Ask specific questions: <ul style="list-style-type: none"> ○ How did this go last week? ○ Tell us what you learned ● Foster collaboration to promote an “everyone is learning” environment 	<h3 style="text-align: center;">Large groups (10+)</h3> <ul style="list-style-type: none"> ● Engagement: <ul style="list-style-type: none"> ○ Polls, chat questions ● Keep people engaged by offerings polls, questions, opportunities to share ideas ● Present ideas to respond to over having a discussion
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Practical AND fun ideas for all

<p>Music</p> <p>Ice breakers</p> <p>Weaves questions throughout</p>		<p>Reflect on personal knowledge of group members</p> <p>Refer to favorite topics frequently</p>
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Use your sense of humor - keep it human!

Share your favorite group engagement tool with us!



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Ice breaker vote results

Rose tells a joke

Trish chugs her drink



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Thank you!

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Q&A! Ask us anything!

We'll try our darndest to answer to the best of our ability. Because we don't know everything (*or really much at all*), we'll let you know if it's our opinion, or something we've found to be pretty common throughout our experience in group coaching.

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