

DESIGNFUL BEING

ENSEMBLE LEARNING GROUPS

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8 BENEFITS OF GROUP COACHING

In leading lively teams it has been a pleasure and honor to see how individual excellence accelerates in high-toned groups. *Design thinking* works best as a team sport and is especially relevant for those who lead, manage or teach and value equity in authentic effective communication.

1. High functioning coaching groups inspire you to take action sooner, stay on track and self-correct without fuss when you veer off course. The group is a restorative resource when your own resistance shows up or you run out of steam.
2. Collaborative learning increases your knowledge base by providing a wealth of feedback, strategies and best practices to make your own.
3. Guided group coaching provides time to reflect upon action that matters to you – these days having time to think is a scarce resource and rarely happens without planning for it.
4. A premise of design thinking is the generative capacity of mistakes. Permission to speak about goofs and mess-ups is a powerful learning tool. A side benefit is developing a sense of humor about yourself.
5. Respectfully listening to how someone else solved a problem jiggles taking a fixed position regarding your own challenges providing options for resolving them in ways we haven't thought of.
6. Being part of a professional development peer coaching group leans into the isolation and loneliness leaders, entrepreneurs, educators and change agents experience at different times in their work providing push back to second guessing yourself.
7. The ethos of high-toned peer coaching groups is the relief "We are in this together" thinking provides - whether you develop unique individual projects or work on a mission in common.
8. Being part of an ensemble learning group is rewarding. Engaging in leading edge design thinking repertoires makes the process of accomplishing something that matters to you a fulfilling process from the start. This kind of learning truly is a high form of play.

