



## Group Coaching Program

### What is it?

Research has proven that coaching after seminars and keynotes turns ideas into action. Group coaching also helps the keynote or seminar's messages "stick" in a lasting and meaningful way. Jennifer provides a series of small, extended coaching groups via conference call. This gives participants an opportunity to engage in focused conversations and problem solving. They share successes, present challenges, receive peer feedback, and clear direction in the safe environment she creates.

### Why Group Coaching?

- It is a chance to consolidate and apply key learnings.
- Participants open up and focus on their goals in a safe environment.
- It takes learning to the next level.

### How does it Work?

- Each group coaching session lasts 1 - 2 hours and is conducted by conference call.
- 4-6 participants who have attended Jennifer's keynotes and training classes are enrolled by the organization.
- Each participant completes an action plan before the call and comes prepared to discuss successes and challenges.

### What Happens in the Session?

The flow of each coaching session generally includes these components:

- Intros and rapport building
- Review key learnings from the class or keynote
- Celebrate completed action steps
- Share solutions to address remaining challenges
- Summarize and set new goals

### How Much Does it Cost?

- Group coaching can be included with the pricing of any keynote or seminar package
- Program rates are based on the scope of services needed

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Jennifer B. Kahnweiler, Ph.D., Certified Speaking Professional, is a global speaker and bestselling author known as the "Champion of Introverts." Her books include *The Genius of Opposites*, *Quiet Influence* and *The Introverted Leader*, and have been translated into 15 languages. Jennifer has worked with hundreds of organizations including GE, NASA and the US Embassy in Vietnam. She is a member of the American Management Association and has been featured in Forbes, Time, and The Wall Street Journal.

Please [contact us](#) for more information

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