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circle coaching

INSPIRING BRILLIANT PEOPLE
TO NEW HEIGHTS

In today's world, life is hectic. We bounce from one commitment to the next without taking time out for ourselves to listen to what we truly desire. We get caught up in 'what we are supposed to do' versus 'what we want to do' and constantly sell ourselves short of being fulfilled.

The positive impact from working with a coach on your personal or professional goals can last a lifetime. Imagine having someone listen to you with genuine curiosity and without judgement; to intuitively hear your purpose, see you for who you truly are and help you create a plan to achieve your potential. Being unconditionally championed and held accountable allows us to be the people we were intended to be.

- Christie Mann



What is Circle Coaching?

Circle coaching combines the benefits of individual coaching with the resources of the group making it an even more powerful process for participants. Individuals learn from each other and the interactions that take place within the group setting. For many people, being a witness to someone making a break-through is as valuable as having their own. Creating a circle of individuals who have a deep and meaningful connection and share common values and goals is a proven methodology for accelerating results. It is also an incredible way to build accountability within a community. As a Circle, your group will define its agenda based on shared values and goals. As your coach and leader, Christie heightens your awareness of what is most important to you and supports you in creating and implementing an action plan to live your ideal life.

How does it work?

Circle Coaching is most impactful with a minimum of 6 and a maximum of 10 participants. A complete program includes 8 three-hour sessions taking place over 6 months. As a group you decide on the best day and time to meet and we move forward with a consistent schedule. There are exercises and readings between each session to support continued development and to ensure that the group is growing collectively. Full participation is necessary and your commitment to the group and its growth is crucial. It is recommended that only one session is missed and the first and last sessions have 100% attendance to ensure a solid foundation is developed and a thorough completion is achieved by the circle.

To enroll your group for Circle Coaching or to learn more, visit: www.christiemann.com or call 416 918 6224.