

[00:00:00] Welcome to the Multi-passionate Mastery Podcast. The podcast where creatives come to embrace their talents as a gift, not a burden. I am your host, D'Ana Joi. Together we'll explore how to finally make friends with focus, ditching overwhelm, and idea fatigue once and for all, and how to be unapologetic about who you are as a multi-passionate. But I'm not just going to pump you up with a bunch of empowerment content. I'm going to give you tools and practices that you can implement starting today. It's time to unlock your multi-passionate mastery. Let's begin.

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[00:01:03] Welcome back to the show. Today, we're going to be continuing with our coaching series. And the first episode of this series, we talked about three ways to tell if it's time to hire a coach. And, in the next episode, you got to hear from my client Chanel Carter about what it's been like for her joining my group coaching program, Prioritize and Thrive all the ways that she's benefited from it and what it's been like having a coach who's multi-passionate.

[00:01:32] If you haven't listened to those episodes yet, then you might want to tune into those. Right after this

[00:01:38] Today, we're going to be exploring the difference between group coaching and working with someone one-on-one so that you can determine which is right. There's definitely no right or wrong answer here. Whichever you choose is totally fine. I have personally worked with coaches, both one-on-one and in group programs. So I'll be bringing some of my personal experience into this, but most of all, asking you a few thoughtful questions that will help you determine which is right for you.

[00:02:07] Speaking of questions. Don't forget to submit your questions about working with the coach so that I can answer And the closing episode of this series. If you have a question that arises after you listened to one of the coaching series episodes, and you want my perspective on it, please don't be shy. It's super easy to leave a voice

[00:02:28] All you need to do is click the link and I'll show notes. Leave your recording and you'll have submitted your question and then I'll be able to answer that question in an upcoming episode. So don't forget to click the link in the show notes and drop your question.

[00:02:42] Okay, so let's get into group coaching or one-on-one coaching and which one might be right for you. The first question that I have for you is what type of personal attention do you want? Maybe people opt for one-on-one coaching because they want a high level of personal attention. It's true that working with a one-on-one coach is going to guarantee that you get their full attention during the calls because you're their only client.

[00:03:09] So if what you're looking for is this deep high touch one on one support, then one-on-one coaching could be perfect for you. However something to consider is how comfortable you are opening up to someone in a one-on-one setting. If you think that you might take a while to feel comfortable speaking to someone and having all of their attention on you the entire time, then group coaching could potentially be a better option.

[00:03:36] With group coaching. It's a common misconception that you won't get a lot of personalized attention. My clients can tell you that inside of our group coaching calls, everyone leaves with exactly what they need. Even if they don't ask a question. If someone asks a question, I coach them directly on the call.

[00:03:52] And everyone else gets to listen in and benefit from whatever answer is shared. And sometimes they'll even provide additional support, offer their additional perspectives to whoever asks the question in a really supportive way. But it doesn't mean that the person who asks a question doesn't get one-on-one attention. They do. They're just sort of held in the container of the group.

[00:04:12] But if you work with someone one-on-one. Then the attention will be on you the entire time and maybe that's what you prefer. So this is something to think about.

[00:04:22] The important thing to do here, if you're unsure about the amount of attention you'll be getting during a group program specifically, is to reach out to the coach, running the group program and ask them. The coach that you considering working with should be more than happy to clarify or answer any questions that you may have. It might even be in the FAQ's of their coaching program.

[00:04:42] Website. So you can look for something like that. And if you don't see the answer you're looking for. Reach out and ask.

[00:04:48] So there's really no right or wrong answer here. My suggestion is rather than think about how much personal attention you might get. Consider the quality of that attention, right? Because a good coach is going to make sure that you feel. Seen and that you're getting a certain level of attention regardless. Now this does not apply if you are joining a course where there is no live coaching. If you're just joining a course and there's no live coaching element.

[00:05:15] That's not what I'm talking about. I'm talking about coaches who specifically have programs that are group programs like my program Prioritize and Thrive. It has a course that you get access to when you join as well as live coaching calls. There are some coaches who create courses where there is no live coaching. So I should probably mention that too.

[00:05:35] If you want to have a coaching experience, make sure that's actually included in the program that you choose. If you go the group coaching route. In terms of one-on-one containers, you can guarantee that you're going to get coaching and you're going to get a certain amount of attention. Right. But what's the quality of that attention. Does it feel better to have one person meeting you where you are to coach you?

[00:05:58] Or would you feel more supported being in a community setting where you can choose whether to engage or to sit back and receive depending on what you're currently moving through.

[00:06:07] In the one-on-one container. It's going to be dependent on you to show up, to ask questions and to get the coaching that you need in a group container. You could ask a question, but you don't always have to, and you might still end up getting what you need. So that's something that you want to think about, which feels better for you?

[00:06:25] The next thing to consider when it comes to working with a coach and a group setting or in a one-on-one container is. How much money would you like to invest? I want to get this part out of the way upfront, because paying for one-on-one coaching tends to be a much higher investment than paying for a spot in a group program.

[00:06:43] So if you're planning to work with someone one-on-one, you're more than likely going to spend over a thousand dollars. Most entry level packages that I know of for working with a one-on-one coach tend to be around three K that's a generalization. It could be totally different for the coach that you want to work with. So don't quote me on that. Look up the pricing and find out,

[00:07:06] That's kind of what I've seen as an industry standard for one-on-one containers as sort of like an entry level price. Many coaches do offer payment plans. So if working with someone one-on-one is what you want. Be sure to ask about all the payment options that are available before you count yourself out.

[00:07:24] Okay. Now. Group coaching programs can sometimes be over a thousand dollars as well. Right. It really depends on the coach and how they've chosen to approach their pricing. However, if we're looking at the coaching industry as a whole, most group programs tend to be a smaller monetary investment than what it would cost to work one-on-one with that same coach.

[00:07:46] And if you're wondering how much my group program is price, we can use that as an example. So it's 897 us dollars when you pay for it in full. Or 12 monthly payments of 89 us dollars over the course of 12 months. So that includes a lifetime access to my signature course, which teaches the priority mapping method that we've talked here in season two of the podcast.

[00:08:10] As well as one full year of group coaching and one full year of access to our private community. So you can do all of that for less than a thousand dollars. And that is how I've chosen to price my group program. So something else to consider, as you're looking at the monetary investment is how long you'll be supported.

[00:08:29] Some coaches charge three K to work with them for three months. For example. And that's not a bad thing. Sometimes three months is all that you need. But there are other coaches who offer lifetime access to their programs for that same amount. So just be sure to consider all of these elements before you decide where your investment is going to go.

[00:08:50] I want to be clear that this is not a conversation about me making assumptions about what you can or can't afford. I want you to know that there are more opportunities available for you than you probably realize. And we're going to get into what to do if you can't afford to work with a coach in a future episode. So just know that I'm keeping that in mind.

[00:09:11] But pricing is something to consider. That's a very real part of working with a coach. And so it's something that needed to be addressed.

[00:09:18] Do you want to finally break free from the pressure of doing all the things at once as a multi-passionate. And how good would it feel to be able to bring your amazing ideas to life on a completely stress-free timeline without second guessing or burning out along the way I've got something special for you today. It's my newly updated free training that walks you through how to do everything I just mentioned. Click the link in our show notes to get instant access or visit [multi-passionate mastery.com/free](https://multi-passionate-mastery.com/free) to register. I'll see you over there.

[00:09:51] Okay. So the third question that I have for you is, are you craving community?

[00:09:58] When you're looking at group coaching and one-on-one coaching and deciding which one is right for you. You definitely want to consider if you're craving community.

[00:10:08] Being in a community can be a deeply healing experience within itself.

[00:10:13] And depending on the change that you want to see happen in your life, it might be helpful to know that you're not alone in the process. That you're going through the process with other like-minded individuals who are in it with you. If you're craving community, a group coaching program is a great way to find that.

[00:10:33] One of my dearest friends, Mel, who you heard from back in episode 16, I met from us, both being in the same group coaching experience. We were both students in the program and we became friends after that. I've also been inside of a freelance writing course recently, and there's a group element to that and I'm starting to connect with some of the students, make connections and network.

[00:10:58] And it feels so cool to be in this community of budding freelance writers who are kicking off their careers. It's really, really fun. And it feels so nourishing.

[00:11:10] So that's a huge benefit of being in a group coaching program. I've also seen firsthand how supported my clients feel inside of Prioritize and Thrive from connecting with one another and being in community with each other.

[00:11:23] On the other hand, if you're Through something that feels deeply personal for you and you wouldn't want to share it with other people, then working with someone one-on-one might be a better option.

[00:11:34] If you're not hoping to make connections or meet like-minded individuals through the coaching experience, then. There's no need to force yourself into a group container. For that reason, one-on-one coaching might be a better fit if you're not craving community. So ask yourself that question as you consider.

[00:11:51] The fourth thing that you might want to think about is what helps you feel held accountable? So thinking back to episode 21, where we talked about three signs that it's time to hire a coach. One of those signs was that you wanted a greater chance at success when it comes to making the change that you want to see in your life.

[00:12:10] And accountability can be a huge part of that. If you know that you're going to need a lot of accountability and you're more likely to show up when you're the only client. And the coach is for sure going to notice if you ghost them. Then opting for one-on-one coaching could be the best fit for you.

[00:12:26] However something to be mindful here is not allowing your relationship with a one-on-one coach to become codependent.

[00:12:35] One of the reasons I love coaching in a group is because it requires my clients to take more initiative on their own when it comes to showing up in doing the work. I do notice when, or if they don't show up and I actually personally reach out and make sure that they know I'm there for them.

[00:12:53] I let them know that their presence is missed, that they matter. And I ask if there's anything that I can do to help them be engaged with the course. But I'm not going to be there to

hold their hand through the entire process. I expect my clients to have the ability to show up for themselves and engage in the program.

[00:13:11] So let's say you're a person who does need a little bit more accountability. But you're really interested in a group coaching program. How can you make that work? So one thing that can help is joining with a friend. If you know, someone who is a great fit for the program that you're looking at, share it with them and say, Hey, do you want to do this together?

[00:13:34] I have done that with friends. And it's really helpful to be able to talk about the coursework with someone else to say, Hey, are you going to the call? I'll see you there. That's really fun and supportive.

[00:13:46] I have a client right now inside of prioritize and thrive who has been loving the program and actually gifted her friend an enrollment. And it's funny because in episode 21, I also say, you know, you have to invest in yourself. No, one's going to come out of the woodworks and just say, Hey, I think this program would be good for you. Here you go.

[00:14:06] But actually that is what happened. That is what happened with my client. When she enrolled her friend in the program, she's like, listen, You need this, this is going to help you. I'm going to gift you an enrollment and we're going to work through the program together. So she gave her friend the gift of joining without having to make the monetary investment. And what she got in return is having an accountability partner inside of the program.

[00:14:33] But another thing that you can do. If you don't have a friend who can join with you. As you can look for an accountability, buddy, who's already inside of the program. So remember when you choose group coaching, you're also choosing community. So that you never have to go through it alone. So you could easily drop a post in the group program and say,

[00:14:53] I want an accountability partner. I'm looking for someone who wants to go to the calls and who wants to check in on how they're doing with the coursework, anyone down. And you'd probably get so many people like, yeah, that sounds great. I'd love that. Right. So there are ways to create accountability, even within a group container, by leaning on the community or inviting a friend to do the program with you.

[00:15:15] With a one-on-one coach. It's up to you to show up and only the coach is going to be able to hold you accountable for doing that. But that can be a really powerful way to be held accountable. So you'll have to consider which of these options feels the best for you. And you can tie that into your decision.

[00:15:33] And then finally, the last thing to consider is what type of coaching does your dream coach offer? For example, I only offer group coaching through my program, prioritize and thrive.

So if I'm your dream coach, but you're looking for someone to work with you one-on-one, I would not be a good fit for you because I do not offer one-on-one coaching. The only way to get coaching from me is to join my program.

[00:15:57] Likewise, you might find a coach who offers one-on-one coaching, but doesn't have a group program or isn't currently enrolling that program. So you've got to take that into consideration as well, along with everything else that we talked about today.

[00:16:11] I hope that you're able to see the benefits of both one-on-one and group coaching containers so that you can work with a coach that you resonate with over and above everything else. Because I think that that's the most important thing. You know, if you work one-on-one with a coach, but it's not the coach that you really, really wanted.

[00:16:29] I don't know if that's worth it and it might be worth joining a group experience and making the most out of that, finding an accountability partner in that space and embracing the community there so that you can get coaching from the person that you actually want to work with.

[00:16:42] Let's just take a deep breath really quick. And then we're going to do a recap.

[00:16:46] Okay.

[00:16:49] Now the rear refreshed and grounded. Let's do a quick recap. So here's what to consider. When looking into one-on-one and group coaching offerings.

[00:17:00] What type of personal attention do you want?

[00:17:06] How much money would you like to invest?

[00:17:10] Are you craving community?

[00:17:14] What helps you feel held accountable?

[00:17:18] And what type of coaching does your dream coach offer?

[00:17:22] Answering these questions will help you determine whether one-on-one coaching or group coaching is a good fit for you.

[00:17:28] If you're interested in group coaching and you want to know more about my coaching program. A great place to start is by watching my free training. It's a newly updated and in it, you'll learn all about the priority mapping method, which is the core method. That I teach inside

of my program. So that training will not only give you a feel for what the program is like, but you'll walk away with enough tangible tips to get started on applying the method right away.

[00:17:53] Even if you don't decide to join. And it's also a really fun engaging training and not super boring, you know, I don't talk about myself for 30 minutes, then tell you everything that's wrong with you and then ask you to pay me for a solution. I give you tons of actionable tips right there in the training.

[00:18:09] So that's a great place to start. If you're curious about my program and want to get a feel for what it's all about, and you can click the link in the show notes to watch that training.

[00:18:18] And if you have any other questions about working with a coach, leave me a voice note and ask away. I'm going to be answering your questions in the closing episode of this series. And I'd love to hear from you, please. Don't be shy. There's no right or wrong questions. I want to make sure that you feel supported before we close out this series. So.

[00:18:36] Don't hesitate. Don't wait, go ahead and leave your question today. If you have one. All right, that's it for today. I'll see you in the next episode.

[00:18:44] Thank you for tuning in to this episode of the multi-passionate mastery podcast. If you received anything valuable from this episode, send it to a friend. I know you've got some creative people in your life who needs to hear this. Also, please take a moment to leave a review.

[00:19:02] Even sharing one sentence about how you feel about this podcast can help us reach the hearts and ears of more multi passionates. If you're not exactly sure how to leave a review, I've left some instructions for you down in the show notes. Thanks again, and I'll see you in the next episode.