

G-LAB



HERE'S YOUR TEAM AND GROUP COACHING SUPERPOWER QUIZ RESULTS



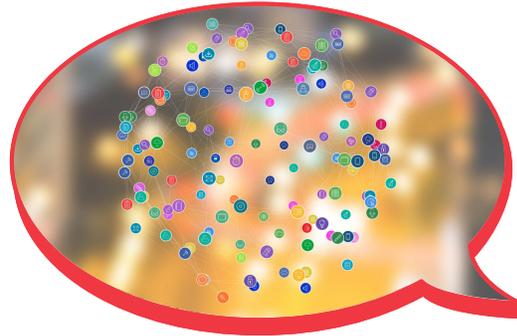
LET'S TAKE A LOOK AT THEM

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GroupCoachingEssentials.ca
ICF-CCE Approved Training

TEAM AND GROUP COACHING SUPERPOWER QUIZ™



Congratulations and thank you!

Thanks for making the time to take the Team and Group Coaching Superpower Quiz. I hope you enjoyed the process.

As many coaches make the shift to expanding their reach to groups and teams, it can be valuable to explore our superpowers and skills that we may lean into more when working with larger and more complex systems, especially in times of change.

Coaching presence, and understanding what we bring to the partnership with our clients is important as we grow our range to support the varying needs and styles required in coaching groups and teams. This understanding can help us be more effective as we coach many, and when we go to collaborate with others, including co-coaching and collaboration.

So now, let's talk about your results!

Hi - I'm Jennifer Britton, the founder of Potentials Realized, the creator of the Group Coaching Essentials™ and Team Coaching Essentials™ program, and author of **From One to Many: Best Practices for Group and Team Coaching**. Since the publication of my first book, **Effective Group Coaching**, the world's first book on Group Coaching back in 2009, I've had the pleasure of speaking to and training tens of thousands of coaches. My latest series *Reconnecting Workspaces: Pathways to Thrive in the Virtual, Remote and Hybrid World* was the foundation of my first TEDx talk. I am a long-term advocate for scaling the coaching conversation in order to effect change, impact, and learning, and creator of this quiz.

As an author, coach trainer, coaching supervisor and mentor coach, I've been involved in helping coaches sharpen their skills, and create a pause around their work to gain new insights, and continue to grow and stretch in new areas since 2004. As we scale the coaching conversation to "many" in groups and teams it's important that we are aware of our strengths and superpowers and consider how to collaborate with fellow coaches to meet the diverse needs and preferences of those we support in group and team coaching conversations.

And that led me down the path of creating this quiz, so you can get more clarity about YOUR coaching superpowers which will influence your approaches, your go-tos and areas you might consider growing more into.

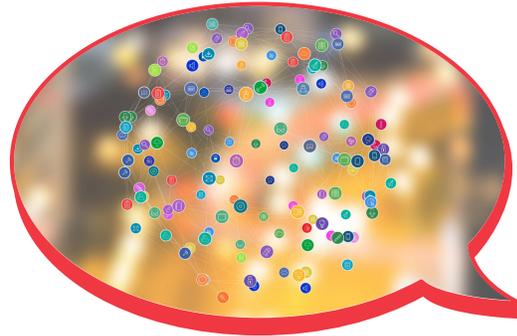
So let's get to your results!

Jennifer Britton

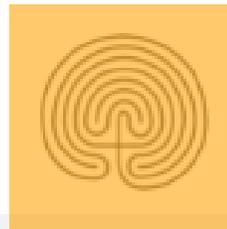
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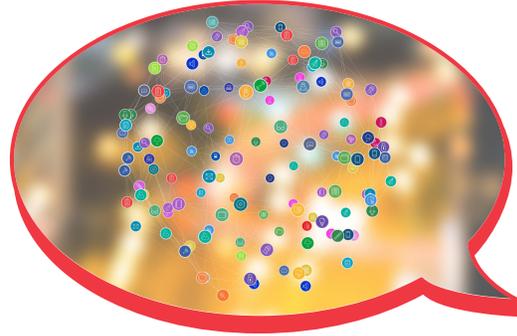


Your Team and Group Coaching Superpower is "G-LAB" - the Grounded Labryinth



Based on the information you've shared and the little I know about you and your situation, your team and group coaching superpower is what's known as "G-LAB" or the "Grounded Labryinth".

TEAM AND GROUP COACHING SUPERPOWER QUIZ™



Here's What That Means...

The Grounded Labyrinth Coach is all about BEING, DEPTH and PAUSE. Mindfulness is this coaches middle name. They are energized through the practices they participate in, often trusting deeply in universal energy and the client, ensuring that pause is a significant focus of their work.

Characteristics: Grounded Labyrinth coaches value Depth, Peace, Groundedness, and bring the gift of the PAUSE and Stillness.

Their focus as a coach is in creating space for:

- Well-being
- Grounding
- Presence – being here now
- Mindfulness

These areas are critical for teams who are running quickly all the time. It may be a stretch for teams and groups collectively and individually to experience and lean into. This leads us to the metaphor of the Labyrinth, an ancient framework and metaphor which provides a place to explore and pause.

Coaching Priorities: Coaching priorities include creating a pause for people to connect inward, and focus. Their mindfulness practices help to connect people to themselves.

The Superpower: One of your greatest superpowers is the stillness and space for reflective pause you create. This space has become even more imperative in recent years where boundaries are blurred and burnout is prevalent.

The enablers to your work is the inner work they practice, helping them get grounded and being present. To other coaches they can provide insights as to how to really **BE Here Now** for teams today.

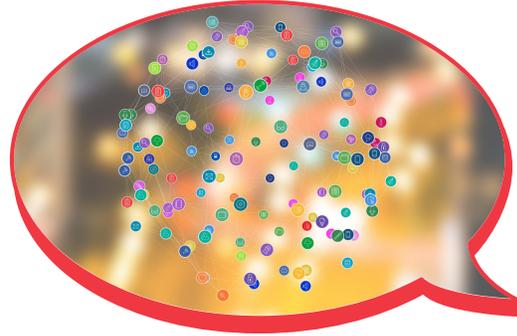
Mantra : Slow Down in Order to Speed up.

In the coaching zone, the Grounded Labyrinth coach will want to watch that:

- The practices they bring are not viewed as too woo-woo or out there;
- That the pause and stillness is not undervalued by clients or seen in opposition to impact and results

As a Grounded Labyrinth coach you bring the gift of the pause and going inwards. Team coaching helps teams create the pause to have the conversations they normally don't have, exploring the areas which they normally don't look at by themselves. At the same time it is important to explore the practicalities of action. Coaching is not just about AWARENESS. It's also about ACTION. High performance for Teams is not just about relationships, it's also about results. What are you doing to explore this?

TEAM AND GROUP COACHING SUPERPOWER QUIZ™



Common “Grounded Labryinth” Mistakes & Pitfalls

Coaches who have these superpowers get derailed when clients do not want to slow down and focus inwards. They also may get derailed by clients who want to move right into action, without considering different perspectives. They can become impatient when clients want to always consider ACTION rather than Awareness, or lean into RESULTS rather than thinking about RELATIONSHIPS.

Triggers: Triggers are elements that will set Grounded Labyrinth Coaches off. This could include:

- Too much speed;
- Inability for the client to pause and reflect;
- and when things are over simplified.

Each of these may throw these coaches for a loop.

And here's the thing...

The world of group and team coaching is complex. It takes time to build the necessary trust, safety and connection for people to connect to have the conversations that matter and will effect change. Change happens over time.

Rather than getting frustrated by time pressures or a push for RESULTS out of the coaching process, continue to leverage your strength in building in time for your clients to pause, connect and explore the various perspectives and layers around their work. Continue taking time helping them move through the process of change, using your skills in helping others pause and turn inwards. Your wisdom and presence beckons to others.

Partnering and Collaboration

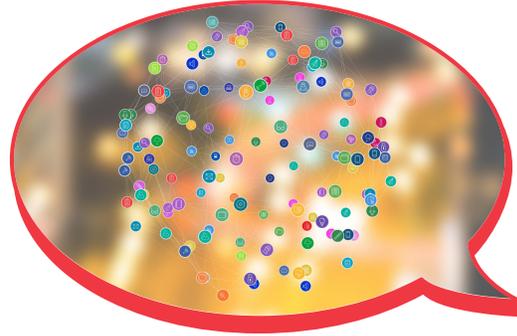
As a team coach it is likely that you are going to want to develop a variety of partnerships to bring more to the coaching relationship including co-coaching relationships, and possibility joint ventures. Research continues to show that partnerships are often stronger with complimentary styles. You and your co-coach and other partners may want to use this quiz as a "*conversation sparker*" about your styles, and leverage some of my writing around collaboration and co-coaching as you go to design your partnerships. We cover more of this in the Activating Your Team and Group Coaching Superpower training.

As a coach with Grounded Labyrinth superpowers you bring the ability to support others in building practices, pauses and a grounded way.

When you look to collaborate or co-coach, consider partnering wit someone who is focused on ACTION and RESULTS. This will provide your clients with the range of ACTION, AWARENESS, RESULTS and RELATIONSHIPS. All are necessary ingredients for excelling in today's ever-changing workspace.

Connection to the Hybrid Work Styles Quiz - Some of your clients may have taken this quiz or the Hybrid Work Styles Quiz. The Grounded Labyrinth coach may find a lot of common ground with the Culture Wizard in the Hybrid Work Styles. Both of you bring interest, skills and attention around building robust cultures. You can find that quiz at <https://bitly.com/hybridworkquiz>.

TEAM AND GROUP COACHING SUPERPOWER QUIZ™



Leveraging Your Superpower in Group and Team Coaching

Ongoing learning is so important for coaches and in today's workspaces. Activating our superpowers for the benefit of our clients is also important. This quiz touches on a few areas which are key for success in coaching groups and teams. What's possible for you?

As a **group coach** you are likely to be bringing people together from different roles, backgrounds, and sometimes geography and industries. As a coach that means that group members are coming with different goals, and perspectives.

Activate your superpower around creating the pause to create an opportunity what opportunities are you creating around journaling in your work for creating a pause, or integrating more kinesthetic approaches which allow clients to have an experience like a Guided Nature Walk or a Labyrinth walk? These activities are critical to enable people to drop into the stillness and **BE Here NOW**. How often do clients get to experience that in your regular work?

As a **team coach** you are helping teams find the space for groundedness and a pause. It is likely that they will be able to be more present with each other and be able to surface the topics which really need to be explored. With the pressure of speed in today's work context, it may take time for teams to cultivate these practices. Given that there may be resistance to mindfulness, slowing down, and taking a pause, consider how you can demonstrative this, and have clients themselves identify the value they are receiving from this. At the same time it is important for teams to find collective alignment and helping them activate **RELATIONSHIPS** for **BETTER RESULTS**. Be sure to put as much attention on focusing on results, holding accountability and providing check-ins as you might be exploring different perspectives, and layers of awareness.

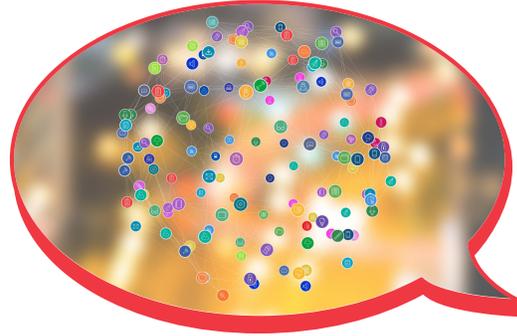
Check out chapter 16 of Reconnecting Workspaces for more on the **ACTION/AWARENESS** realms of coaching, and chapter 3 and 4 for what team's need in today's evolving workspace, especially remote and hybrid environments. Be sure to also check out the **ICEBERG** model to coaching teams which I first introduced back in PlanDoTrack and Coaching Business Builder, and which can be found in Reconnecting Workspaces (Chapter 3). In Team Coaching Essentials we explore the core skills needed for team coaches, and explore the balance for teams around Results and Relationships, and Action and Awareness.

We cover more about the differences between group and team coaching in our ICF-CCE approved coach training - Group Coaching Essentials (8.75 CCEs), Team Coaching Essentials (10 CCEs) and the Advanced Group and Team Coaching Practicum (10 CCEs). Take one, or bundle them all together with the trifecta. More at GroupCoachingEssentials.ca.

My guess is that you may have questions about your Team and Group Coaching Superpower and what supports can work for you. Turn the page to learn more about our offerings.

[Check out our upcoming ICF-CCE approved training and coaching supervision opportunities](#)

TEAM AND GROUP COACHING SUPERPOWER QUIZ™



Resources to check out

Ongoing learning is so important in today's workspaces. This quiz touches on a few areas which are key for success in today's world of group and team coaching.

As an author, coach trainer and supervisor, I have created a range of resources you may want to dip into to learn more including programs, books and ICF-CCE programs.

The following is just a starting point to consider learning more:

As a Guided Labyrinth Coach you may be interested in checking out:
Chapter 11 in *From One To Many: Best Practices for Team and Group Coaching* around Collaboration or Chapter 10 in *Reconnecting Workspaces: Pathways To Thrive in the Virtual, Remote and Hybrid World*.

In our work as team and group coaches it is important to leverage the different perspectives in order to build the trust and connection ESSENTIAL for groups and teams to trust each other to dive into the deeper waters of group coaching conversations. Refer to chapters on Trust, Safety and Connection in *Reconnecting Workspaces* (Chapter 5) and *From One to Many: Best Practices for Team and Group Coaching*. We spend a lot of time in *Group Coaching Essentials* (8.75 CCEs) exploring the different ways to build trust, safety and connection required by coaching groups.

Check out the related podcast episodes over at the Remote Pathways Podcast at [RemotePathways.com](https://www.RemotePathways.com).

Have a co-coach you are collaborating with, or partnering with, take the quiz and share your results together. Use the questions included in both of these chapters to deepen your partnership.

If you are working with hybrid teams, consider leveraging the power of the Hybrid Work Styles Quiz (<https://bitly.com/hybridworkquiz>) as a discussion point. You may also want to consider joining us for the Coaching the Hybrid Work Styles program, or Activating Your Group and Team Coaching Superpower.

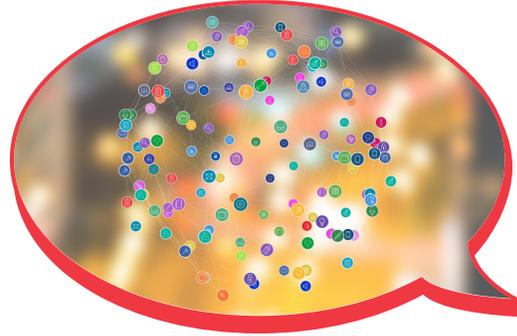
My guess is that you may have questions about your Superpower and what supports can work for you. Turn the page for more...

PICK UP A COPY OF RECONNECTING WORKSPACES

**Pick up a copy of From One to Many: Best Practices for Team
and Group Coaching**

ORDER ON AMAZON

TEAM AND GROUP COACHING SUPERPOWER QUIZ™



Your Next Steps

Now you might be wondering...

What can I do to leverage my superpowers more? How do my superpowers add value to group and team coaching conversations? What do my superpowers look like when I co-coach?

Given that those you coach may also be interested in this, How do you know what different superpowers are needed in a team, and what superpowers clients bring? How do you know what to do to capitalize on your superpower?

Well, this is what I and members of my team do all day, every day... At Potentials Realized we work with coaches to expand and sharpen their skills, practices and approaches for group and team coaching. We also support teams and organizations in growing their remote and hybrid approaches which includes work around strengths, and styles, to leadership and teamwork processes.

My guess is that you may have questions about your Team and Group Coaching superpowers and what supports can work for you and others you work with.

We'd like to invite you to book a call with us to discuss your Superpower and to learn more about what you can do to ACTIVATE it more in your work, whether you work with groups or teams.

And because you have made the time to take this assessment and tell me a little about you and your situation, I'd love to connect you with the opportunity to join us for this complimentary 15 minute call.

During this call you'll discover a little more about yourself and how it can support you, and your fellow co-coaches in shifting how you work with teams and groups towards better relationships and results.

Be sure to book this call now. Go ahead and do this right now while you're on this page and you're thinking about it.

Use the link below or visit <https://bit.ly/quizsuperpower> and book a 15 minute call with myself or my team about group and team coaching and your superpowers.

Let's have a conversation around what's going to support you in activating your superpowers more!

[Book Your 15 minute Team and Group Coaching Superpower Call and identify your next steps to activate them!](#)



G-LAB

Grounded Labyrinth

THE TEAM AND GROUP COACHING
SUPERPOWER QUIZ
Potentials Realized

3 Ways to GROW as a Coach

1.

Explore coaching supervision. Supervision supports you on three levels - with skills, being and reflection. Check out our group and individual supervision programming.

2.

Join us for an ICF-CCE approved program - Group Coaching Essentials™ (8.75 CCEs), Team Coaching Essentials™ (14 CCEs) or the Advanced Group and Team Coaching Practicum (10 CCEs). You might also want to join us for the Activating Your Coaching Superpower program.

3.

Pick up a copy of one of Jennifer's books - *From One to Many: Best Practices for Team and Group Coaching*, *Coaching Business Builder*, or *Reconnecting Workspaces* to name a few!



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ICF CONTINUING
COACH EDUCATION

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[GroupCoachingEssentials.ca](https://www.GroupCoachingEssentials.ca)

Set up a 15 minute call at
<https://bit.ly/quizzesuperpower>