

Guidelines for Our Group Coaching Session

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Group coaching isn't just about unpacking past or present conflicts—it's also about developing the skills to navigate conflict and difference in ways that bring us closer, including *emotional reconnection*, and *healthy boundaries*. This process can take time.

Deepening our capacity to stay present in difficult moments, to listen without rushing to fix or defend, and to communicate with clarity and care is a slow and intentional practice. In our sessions, we won't just focus on where there may be conflict or difference: we will also practice new ways of listening, expressing, and regulating ourselves in moments of tension. Moving through challenges with more resilience will help you meet future conflicts with clarity, compassion, and mutual respect— opening the door for deeper trust and intimacy at a pace that honors everyone's nervous system.

I hope this space together will be one of deep listening, curiosity, and care—for yourself and one another. I want to support you to feel heard and understood, and to hear and understand your partner(s).

To support our work together, I invite you to review the following guidelines:

1. Be Clear About Why You're Here

Before each appointment, I'll send you an email with three questions:

- What is your focus for this appointment? eg is there a specific topic you want to focus on?
- Do you have any fears or apprehensions about this joint session?
- Is there anything I can do to help you stay grounded and present in our session together?

Please reply to the email questions at least two hours before our appointment so I have adequate time to review them. If I don't hear back from you, I won't be able to prepare for the session.

2. Arrive Resourced

To make the most of our time together, I encourage you to care for your body and nervous system. What can you do to feel more supported in being present? Consider being well-fed,

nourished, and rested. You may also bring sensory comforts such as blankets, tea, or grounding objects.

3. Cultivate Self-Awareness

Notice what is happening within you during the session. If you feel activated, defensive, emotionally shut down, or reactive, please gently raise your hand to call for a pause. *Even if you think you can manage this activation*, it is vital that I know that you are experiencing it. It can help your partner better understand how you are impacted. Identifying when we feel activated allows us to care for ourselves and the whole conversation.

4. Honor the Flow of Conversation

Please practice not speaking over one another or speaking for one another. Each person's individual experience matters, and we create space for one another by allowing full expressions to be heard before responding.

5. Lean into Curiosity

Remember that you may not fully understand or even agree with the other person's experience—and that's okay. I encourage a spirit of listening and curiosity. If you cannot hold curiosity or compassion for your partner at any moment, please raise your hand so we can slow down and support you in returning to a space of curiosity.

Remember: at the end of the day, I am not the expert on you: YOU are the expert on you! Take what works for you and leave what doesn't.