

Table Grace creates space for life-giving transformational conversations, story-sharing, and resourcing. Participants in **Table Grace Partner Conversations** will clarify where they have been, where they are now, where they want to go, and who they want to be. The result is greater clarity of next steps with a purposeful commitment to abundant life for all.



Sessions facilitated by Carol Wilson as Conversation Partner and Guide.

Group Coaching Partner Conversation for Peer Colleagues are designed, in the spirit of individual coaching, to help participants seeking to take next steps in thriving marked by connection, meaning, agency, blessing, and hope.

These conversations are for those willing to explore and grow with others in a group setting and seeking to stay healthy for the long haul. Participants may be enjoying their work or experiencing blocks to their best efforts. These conversations provide encouragement and strengthen relationships.

Conversations may consist of the following:

- Identifying various personal and cultural stories that influence our sense of possibility
- Utilizing practices of mindfulness, discernment, and self-care
- Sorting through complex or conflictual situations
- Identifying patterns of experiences
- Exploring the dynamics of systems at play
- Providing resources related to identified interests and new opportunities

Group Coaching Partner Conversations create space to hear God's grace through sharing and listening and create a path that moves toward abundant life. These conversations may also be supported by additional scheduled individual conversations. They can occur by Zoom or in person.

Group size is limited to 8 persons. The standard format includes six sessions: five 1-1½ hour group sessions and one 1-hour individual conversation for each participant. The frequency of sessions is determined in conversation with the group. Sessions can also be provided as group content for a retreat or day apart.

Based on a group of 8 participants, fees are \$1,200 for 6 session series (5 group and 1 individual each) with additional coaching available for \$100/hour. *All Table Grace Partner Conversations are designed with your group's particular needs, interests, and budget in mind.* Fee inquiries are welcomed to accommodate the budget needs of your group.

To determine whether **Group Coaching Partner Conversations** are a good fit for you, email CarolWilsonTableGrace@gmail.com or submit a request through TableGracePartnerConversations.com to schedule a complimentary 30-minute introductory call.



Carol Wilson
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CarolWilsonTableGrace@gmail.com
TableGracePartnerConversations.com