How is group coaching different from 1:1 coaching at re-origin?

Coaching and Support · https://www.re-origin.com/support/how-is-group-coaching-different-from-1-to-1

Group coaching at re-origin is designed to give you both expert guidance and the power of shared experience.

In group coaching sessions, you'll learn alongside others on a similar journey hearing different perspectives, insights, and breakthroughs that often help you move forward faster than working alone. Many members find this deeply validating and motivating.

1:1 coaching at re-origin is with a coach and tailored to you personally to help you specifically. You can choose a coach and book sessions at any point you wish to once you are a member of re-origin.

Will I still get personalised support?

Yes while sessions are group-based, you can ask questions, get guidance, and receive support tailored to your situation through live sessions and the community.

What if I prefer 1:1 support?

Some members prefer more individual support, but many find that group coaching offers broader insights, shared encouragement, and a stronger sense of progress than working alone. Each option is available.