Is group coaching like a support group at re-origin?

Coaching and Support · https://www.re-origin.com/support/is-group-coaching-like-a-support-group

No, group coaching at re-origin is more than a traditional support group.

While it is a supportive and encouraging space, it’s also structured and guided. Sessions are led by trained coaches and focused on helping you learn and apply the re-origin techniques in a practical way.

You’ll gain tools, insights, and direction while also benefiting from the shared experience and encouragement of others on a similar journey.

Will I still feel supported emotionally?

Yes, while sessions are structured, the environment is supportive, understanding, and grounded in shared experience.

What’s the difference from a typical support group?

Support groups tend to focus on sharing experiences, whereas re-origin group coaching combines that support with structured guidance, tools, and progress-focused sessions.