

B3 Facilitation



Learn our *Be conscious — Be curious — Be better* vertical facilitation method

Elevating Group Development is a program designed to develop your leadership and facilitation skills, and build on existing expertise and strengths, using real-life context that is relevant to you.

What the experience provides:

Vertical Methodology

- Grounding and understanding of our vertical frameworks. You'll come away with a toolkit of resources and frameworks to develop and bring out the best in your groups.

Virtual and In-Person Insight

- Experience and learn how to best use a blended format — combining in-person synchronous workshops supported by digital asynchronous workouts.

Group Dynamics

- Learn how to create safe, inspiring spaces and utilize group dynamics to achieve better outcomes.

Real Life Application

- Through putting knowledge into action. Right away this experience will be useful; using a real life event to practice applying the principles in your own context.

Ongoing Learning and Support

- A cohort community for continued learning, mastery
- support, and resource-sharing.

To get the most out of the program, you should:

- Have at least one group experience event you'll lead around 4 weeks from the program start date.
- Be prepared to engage with all stages of the program.
- Have the support structures you need around you to be able to participate fully in the program and implement your insights.

At a Glance



AUDIENCE

Leaders and facilitators looking to develop their ability to design, and deliver group experiences.



COMMITMENT

Synchronous learning
Virtual Workshops

- Kick off 1 hour
- Deep Dive 2.5 hours
- Experiences 4 hours
- Share & Reflect 1 hour

Asynchronous learning

- Self Guided Digital Workouts
- Collaboration with your cohort

We estimate the time commitment outside virtual workshops to be 1-2 hours per week

ICF CREDITS

Elevating Group Development has been accredited by the International Coaching Federation (ICF) after a rigorous review process and demonstrated that our curriculum aligns with the ICF definition of coaching, Core Competencies, and Code of Ethics. Credits: 12 hours for Core Competencies and 9 hours for Resource Development.



The Participant Experience – How Does It Work?

Experience	Time	Description
Workout #1	45 Min.	Prime your thinking and meet the cohort workout.
Workshop #1	60 Min.	Virtual Kick off: Set the scene for the program and meet your peers.
Workout #2	45 Min.	Fundamentals workout, learning key vertical development principles.
Workshop #2	2.5 Hours	Virtual team up with your peer group and self-select a key principle to dive deep on.
Workout #3		Completed in Workshop #2. Pick your path workout to explore tools/resources of your chosen principle.
Workshop #3	4 Hours	Virtual presentation with your peer group on chosen principle with group feedback.
Workout #4	40 Min.	Plan your event workout. Plan to lead your own group development event.
Peer meetup		Share your event with your peers and outline what you'd like to improve.
Your Event		
Workout #5	40 Min.	Reflect on your event and capture key insights.
Workshop #4	90 Min.	Virtual debrief and reflection session with your cohort.

How is it grounded in vertical development and the B3 framework?

- **Be Conscious** – supports learners to become more conscious of the mindsets they operate from and what the situation might require.
- **Be Curious** – provides a framework for inquiry, scaffolding exploration and discovery of the different ways we can expand mindset capacity.
- **Be Better** – shares examples, resources, and specific reflection exercises and practices that stretch and grow capabilities.



Connect with us to learn more about elevating your facilitation and group experiences.
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