



# Elevating Group Development



*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.

## The program 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.



## Elevating Group Development Experience - How Does It Work?

Experience	Time	Description
Workout #1	45 Min.	Prime your thinking and meet the cohort workout
<b>Workshop #1</b>	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
<b>Workshop #2</b>	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
<b>Workshop #3</b>	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 meet up		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
<b>Workshop #4</b>	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 how to scale your leadership offering.  
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