

GROUP SUPPORT: THE POWER IN NUMBERS

My intention with ***Farther to Go!*** is to use the most effective means possible to assist my clients in mastering the art and science of change. I work with small groups because groups are effective. Small groups allow people to get to know each other and to invest in everyone else's success, not just their own.

There are many benefits in being part of a group:

- A group that works closely together is stronger than an individual.
- It's easier to succeed in making changes when you're doing it as part of a group.
- Being part of a group helps you recognize that, no matter what you may be struggling with, you're not alone. No one is good at everything; everyone struggles with something.
- People in a group are more likely to actively solve problems instead of passively avoiding challenges.
- Everyone gets an opportunity to be heard; everyone contributes.
- Keeping others motivated can improve your own motivation.

Group support also:

- Increases individual self-confidence
- Provides a safety net when you get off track
- Bolsters your belief that you can overcome obstacles

Group support is extremely powerful, and it's a two-way street. You get the most out of it when you **give and receive**. You're more likely to be successful and—because of the altruistic component of giving—to feel better physically and emotionally.