

## Group Coaching

Michael Blomsterberg currently facilitates four unique coaching groups. Each group experience begins with an intake exercise of about 30 minutes per person. During this session, trust is established and much is revealed. This allows for sensitivities to be identified and addressed so that optimum transformation and expansion can begin.

Michael creates a safe space that enables individuals to “peel off their covers”. In this exposure, feelings of shame and secrecy come to the forefront, allowing for wholeness to emerge, and the feelings of isolation to begin to dissipate and dissolve. As the rest of the group identifies and offers perspective, this insight allows for individuals to heal and begin to see that they are not alone or separate. This inclusion is powerfully synergistic. Upon this sacred space of truth and acceptance, the group members create and build a strong foundation from which they can derive the confidence to apply this authenticity to the rest of their lives. The benefits of group coaching take effect quickly, bringing enormously transformative results.

Michael began his group work while visiting Kampala, Uganda with a team of visionaries in 2007. In addition to creating VisionForce Uganda’s Vision Café with his team, Michael held workshops that inspired and empowered the Kampala community. It delighted him to bring new concepts, terms, philosophies, and ways of being that opened doors of opportunity and possibility for these extraordinary people. Michael watched, astounded and moved, as the group of Ugandans began, for the first time, to create a new beginning with the newfound knowledge, awareness, and understanding that they had gained.

After returning from Uganda, Michael decided to integrate this incredibly effective group dynamic into his US coaching practice. He constituted three coaching groups, which he currently facilitates:

- ☞ Friendly House Recovery Center is a sober living facility for women overcoming the crises that accompany substance and alcohol abuse. Michael’s group provides the tools that help to integrate these women back into the community from a place of faith and sobriety.
- ☞ Rainbow Bridge Community Services is a rehabilitation and recovery facility for the GLBT community. Michael’s group at Rainbow Bridge consists of men who are recovering addicts, many of whom are also coping with HIV.
- ☞ Michael facilitates his own group, Leaps and Bounds, an Interactive Life Coaching Women’s Group, where 8-10 women from the community gather to share, support, encourage, and empower one another.