

DR. ILONA L. TOBIN, ED.D.
AUTHOR
LICENSED PSYCHOLOGIST
LICENSED MARRIAGE AND FAMILY THERAPIST

LOVE'S 4 Magnetic Forces Creating a Strong, Healthy
Relationship

Which is better for you? Individual or Group Consulting?

Check which ones apply to you, to help you decide.

Individual consulting:

1. Are you a private person or prefer one on one contact?
2. Are you someone who likes to do things "in depth"?
3. Do you think that individual sessions where the complete focus is on your situation and concerns would be more beneficial?
4. Is time a consideration? Would 30 minute appointments be more convenient with your schedule and other responsibilities?
5. Are privacy and confidentiality important to you?

Group Consulting:

1. Do you prefer connection, community and a sense of belonging?
2. Are you more likely to keep a commitment if it's made publicly? Would a well-structured group provide the accountability which would lead to more action and better results for you?.
3. Would being in a group allow you to feel you are not alone in the "unknown". Would taking on a new goal or focus on addressing this important issue make you less fearful knowing you are not the only one in this situation, making it much easier to move forward?
4. Do you enjoy learning from others? If so, a group can deepen your knowledge and accelerate growth. There is a lot of collective wisdom in a group and it's one of the best ways to accept, "Not knowing what you don't know". Listening to someone else being coached is a powerful way to deepen learning, expand awareness and discover new insights by lighting up our hidden areas. This knowledge is practical and not theoretical.
5. Do you like sharing and contributing? Is "making a difference" a human value that you share? Group consulting gives each member an excellent venue to make an impact and contribute to someone else's life.
6. Would group consulting provide less pressure to perform and more emphasis on contributing?
7. Would group consulting be uplifting and inspiring, giving you something to look forward to?
8. Are you budget conscious? If so, this is a good way to get a great return on investment.

WHICH OF THESE TWO OPTIONS MEETS YOUR NEEDS THE BEST?

Address 1 Address 2 Address 3 Phone Email