

MasterMind Groups



Frequently Asked Questions

Kansas City LifeCoaches, Inc. offers small-group facilitated meetings commonly referred to as MasterMind Groups (MMG). Following are Frequently Asked Questions regarding this offering.

What is a MasterMind Group?

A MasterMind Group is a group of like-minded individuals who meet regularly to foster positive change in their lives and careers. Typically a MasterMind Group will be comprised of people of similar age, status, income level, etc. This allows everyone to provide benefit to each other without any one person being the "senior member" of the group, a person who tends to fill a mentor role - giving but not receiving.

How large are MasterMind Groups?

MasterMind Groups can be large – up to 20 people – but we like to keep our groups more intimate, with a maximum of 8 participants. This allows members to create lasting relationships based on real, first-hand interaction with other group members while providing a safe place to explore change. Groups may be as small as 4, but 6 to 8 create enough diversity of thought for challenging and interesting conversation.

How is a MasterMind Group structured?

Kansas City LifeCoaches facilitates the MMG allowing all members to be fully participating, not burdened with creating content, taking notes, managing meetings, etc. Our model is based on two-part meetings with one being a "coach-approach" facilitated discussion. The members of the group, in conjunction with the coach, pick a theme or topic and the coach facilitates and leads the group through exercises or discussion of the day's topic. The second portion of meetings is where group members brainstorm and problem solve for each other. Typically one or two members will be the day's focus.

Besides a facilitator, what does Kansas City LifeCoaches provide?

The coach provides structure, direction, facilitation, and content. Kansas City LifeCoaches facilitates creation of a Personal Foundation upon which members grow and change. This foundation is a component of The Inflection Point™ workshop which includes content and exercises on topics such as: values clarification, limiting and empowering beliefs, positive asset discovery, leading a balanced life, understanding relationships, managing fear, handling emotions, and much more. The Inflection Point™ workshop content is available and typically used in MasterMind Groups.

How often does a MasterMind Group meet?

Groups tend to work best if they meet on a regular basis – either bi-weekly or monthly, at the discretion of the group. Having regularly scheduled meetings avoids calendar conflicts and allows members to prepare, hold each other accountable, and creates learning opportunities between meetings.

What is the cost?

Costs vary based on the size of the group and frequency and duration of meetings. A general guide is \$100 per participant per meeting. Additional fees may be included for meals, rental of meeting space, outside workshops, speakers, etc.

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How long are meetings?

Typically meetings will be 90 minutes to 4 hours at the discretion of the group and based on frequency of the meetings. Some groups prefer monthly 1/2 day meetings with social opportunities (breakfast, lunch or dinner) while others prefer only a meeting. When group members update others on their status, a larger group obviously needs more time.

Are Mastermind Groups for networking?

No. The purpose of the MMG is NOT specifically to generate leads and network. The Mastermind Group is intended to foster growth of and support for all members. There should be no expectation of members to do business together or provide leads. If members decide to do business together, that's a decision they make independent of the focus of the MMG.

What about Privacy and Confidentiality?

Each group will Design an Alliance with the assistance of the coach. This is a "working understanding" of how the group will interact. Included in the Designed Alliance are terms defining privacy, confidentiality, responsibilities, honesty, meeting guidelines and behaviors, etc. This is the first step in creating the culture of the group. In the discussion of the Designed Alliance the group will decide what, if any, actions will be taken if the Alliance is broken.

Where do MasterMind Groups meet?

MasterMind Groups do not work well in public spaces (coffee shops, restaurants, etc.) due to the many interruptions and personal nature of the discussions. MasterMind Groups work best when meetings are held privately, typically in conference rooms at members' businesses.

How are MasterMind Groups formed?

Interested individuals are sent a brief survey. Based on the survey results, their experiences, preferred meeting time and frequency, geographic location and, at the discretion of the coach after an initial meeting, groups are assembled. Often, an individual will assemble his or her own group. In this case, it is recommended that group members be on "even standing" with one another at the beginning of the group for numerous reasons. For instance, two former college roommates have knowledge and baggage they bring to the group that two business acquaintances don't have. This can be both positive and negative for the individuals and the group.

How do I get involved?

Contact Kansas City LifeCoaches, Inc. at the number at the bottom of the page or e-mail your interest to dan@kclifecoaches.com. If you have friends or acquaintances you'd like to include in your group, include their contact information. If you'd like to present to a group, send your interest along with your ideas to the same e-mail address and you'll be contacted to discuss the idea further.