

Do You Need Group Sessions Or Concurrent Sessions? [New]

Choosing the right **Session Type** ensures hosts manage their time effectively while providing a smooth experience for your guests. To help you decide which setup aligns with your business goals, it is important to understand the differences between the **Group Sessions** and **Concurrent Sessions**.

Review the comparisons and real-world examples below to select the workflow that supports your goals.

Group Sessions

Group Sessions are designed for scenarios where a host meets with **multiple guests at the same time for a common reason**. In this format, all guests attend the same meeting simultaneously, and the session **always takes place at the same location**.

This format is ideal for collective experiences, such as:

- **Webinars:** Presenting information to a large audience at once.
- **Seminars:** Leading a shared educational or training session.
- **Campus Tours:** Guiding a group of prospective students through a facility together.
- **Workshops:** Facilitating interactive sessions where multiple participants work on a shared topic or project.

To get started with this setup, please read our [Booking Calendar Group Sessions](#) article.

Concurrent Sessions

Concurrent Sessions are used when a host schedules **multiple independent meetings for the same time slot**. Guests don't meet as a group, instead the host manages separate one-on-one interactions simultaneously or sequentially. This format is ideal for high-volume or sequential workflows, such as:

- **High-Volume Sales:** Using setters to confirm which prospects are available before assigning them to closers to take the individual meetings.
- **Life Coaching:** Scheduling several individual sessions at once to stay productive despite high no-show rates.
- **Medical or Advisor Queues:** Meeting with individuals sequentially within a fixed time window.

To get started with this setup, please read our [Booking Calendar Concurrent Sessions](#) article.