

# Groups.ListGroups()

## Description

Returns an array of all the [Group](#) objects in the collection.

### C#

```
public Group[] ListGroups()
```

### vb.net

```
Public Function ListGroups() As Group()
```

## Returns

An array of all the [Group](#) objects in the collection.

## Remarks

Note that the array returned by `ListGroups` is a copy of the internal structure that `ExcelWriter` uses to manage `Groups`. As such, operations on individual `Group` objects in the array will take effect in the workbook, but operations on the array (e.g., removing `Group` objects or changing their order) will not have any effect.