Career Flow Collective

Frequently Asked Questions

March 27 – September 11, 2026

What is the career flow collective?

The Career Flow Collective is a 6-month small-group coaching experience designed to help you build a grounded, confident career presence. Through weekly reflections, mindful practices, and monthly restorative group sessions, you'll develop the habits and awareness to feel more energized, aligned, and alive at work.

Who is this program for?

This space is for professionals who:

- feel disconnected, stuck, overwhelmed, or depleted
- want more alignment, calm, and clarity in their work
- want to develop soft skills like presence, self-trust, and resilience
- thrive in supportive, intimate group environments
- are ready for real change — not quick fixes

It's not just for mid-career professionals, executives, or people who feel totally burned out. Anyone ready for a more intentional and nourishing relationship with work will benefit.

How big is the cohort?

Each cohort is intentionally limited to 6 participants, creating a safe, spacious environment where you can be seen, heard, and supported.

What's included each month?

Each month, you'll receive:

- **Weekly emails** with guided reflections and micro-practices
- A **70-minute Restorative Group Session**
- **Practical tools** to build self-awareness and strengthen your career presence
- A **consistent monthly flow** that connects all six themes

- **One private 1:1 coaching session** to deepen your growth

Plus: As part of the inaugural 2026 cohort, you'll receive **three of the six 1:1 coaching sessions complimentary.**

How much time should I expect to commit?

Anticipated time commitment:
- 25–45 minutes per week completing the reflections
- 70 minutes each month in the live session

Total Program Time: 1,140 min (19 hours) - 1,660 min (28 hours) which is equivalent to binge watching *The Bear* and *The Crown.*

You get to choose your level of depth — the program works whether you're juggling a full plate or looking for deeper personal development.

Do I need to know anything about mindfulness or yoga?

Nope.

These practices are accessible, modern, and designed for busy professionals. Everything is explained step-by-step. No spiritual knowledge, yoga background, or meditation experience required.

What if I can't attend a group session?

Each Restorative Group Session may be recorded with permission of the group, which can then be shared with absent members. If this is not agreed to, then a shortened session can be scheduled between the member and Eileen.

While live attendance is encouraged for community and coaching, you'll never miss the material.

What if life gets hectic? Will I fall behind?

The Collective is built for real life — not perfection.
Everything is designed as micro-practices that fit into an already full schedule.
If you miss a week or hit a chaotic stretch, you can simply rejoin the flow.

The goal is progress, not pressure.

What outcomes can I expect?

Because this is the inaugural cohort, there is something uniquely powerful about shaping the experience in real time. Based on the research behind mindfulness, presence, and behavior change, members can expect a range of meaningful shifts, including:

- increased calm, clarity, and confidence
- stronger boundaries and self-trust
- less rumination and self-criticism
- more energy, motivation, and focus
- feeling grounded instead of reactive
- deeper alignment with personal values and career direction
- a renewed sense of purpose, direction, and aliveness at work

This program is designed to help you build **sustainable internal shifts** — the kind that outlast stress cycles and support your growth long after the six months are complete. Not short-term hype. Real, lasting change.

When do the next cohort start?

The next Career Flow Collective begins March 27, 2026, with weekly emails starting on Sunday, March 29, 2026.

Group sessions occur every 4 weeks, view schedule.

How do I reserve my spot?

Click **Reserve Your Spot** on this page. Because the cohort is capped at 6 participants, your spot is confirmed once the full registration process is complete, which includes this form and a quick chat.

Can I join if I'm already working with a therapist or coach?

Yes.

This program complements therapy and works beautifully alongside individual coaching. It focuses on presence, habits, awareness, and practical stress-resilience — not clinical mental health treatment.