

Befriend Your Body 12-week Program

FREQUENTLY ASKED QUESTIONS

Here is a list of the most frequently asked questions, and answers - all in one place.

I can't attend live. Will there be recordings of the calls if I have to miss them?

- While I highly recommend attending live whenever possible, as you'll have the benefit of community and the energy of the teachings in real time, if you're unable to, the call recordings will be available to you to watch/ listen to within 24 hours of class.

Will this be just another list of things to do that I don't actually have time to implement?

- Nope. This is a program in which we'll dive in to **DOING** the work, during the calls, which is the bulk of what you'll do.
- You'll be invited to do homework (or home play), simple practices and changes that are minimal to make them doable. We always start small and build momentum from there.
- And of course, the more you put in and practice, the more you'll get out of it.

My work is taxing and I have high levels of responsibility. How much time will it take?

- I get that you're busy, and I've designed this program to support high level leaders and changemakers who don't have a lot of extra time and want to learn as efficiently as possible. I've designed it so almost all of the sessions are 90 minutes, enough to teach, practice and integrate, going deep but in a short window of time.
- And while I highly recommend you attend live, you'll also have access to the recordings and can use them to guide yourself through the material if you're unable to make it in real time.
- And while this might still seem like a lot of time, I assure you, the benefits in terms of productivity, energy, improved health, and efficiency will be palpable when you apply what you learn in this program.

Will this fix my health problems and give me quick results?

- I know you want the quick fix. I've been there, wanting the symptoms to go away and wanting to feel better. This is not a quick fix, and healing generally takes time.
- This program is here to lay the foundation for your health and well-being, to give you a pathway to begin (or continue) your journey of healing - shifting from old thoughts and ways of working/ doing/ being, and shifting into a new relationship with your work, body and your nervous system.

- It's a commitment. and it begins with a series of singular, small steps. If you're feeling ready to move forward, feel better, find your joy, and remember parts of yourself that have been forgotten, you will be on the pathway to healing.
- You'll have a toolkit, a new mindset, and a plan to get you there.
- And with practice, you'll get results.

I've done loads of trainings on trauma already – isn't that enough?

- That's great that you're coming with a level of knowledge about some of the material!
- This is not simply a content-filled training where the teacher talks at you and you receive the knowledge, in hopes of remembering all of what you've heard months later. Many trainings offer material for you, but it doesn't land in our bodies, and isn't remembered after you leave the room.
- In this program, we'll take the knowledge and move beyond the cognitive level. We work with the body, mind, emotions and spirit. You'll take what you know in your head and move it into an embodied place.
- You'll practice, with the group and outside of the group.
- From here, the learning sticks. You'll be amazed at how deep we can go and how much deeper the learning is when you apply it in the ways we apply it in this program.

This is a lot of money. Is this going to help me and am I worth it?

- I understand how hard it is to spend on yourself and your well-being and healing. I've been there, and it's a struggle, especially when you're wanting to focus on others.
- This is an investment, for sure. It's more money than some programs, and much less than many programs I've participated in. And a fraction of what it costs to do private healing work.
- My experience over the years, of hitting burnout twice and going through some extremely hard (and costly) health challenges, has shown me that when I invest in my health and well-being, the better I can show up in the world. That investment has allowed me to be well as I'm working to help communities and individuals to be well.
- While you must decide if it's the right time and an investment you're willing to make, I will say that I've had people in my group and private programs tell me that it's one of the best investments they've ever made, and worth every penny..
- And if times are simply hard right now, I do have a couple of partial scholarships available (program cost would be \$895). If you check in with yourself and it's honestly a stretch financially, you could do the \$895, and you need some support to get you over the threshold, please reach out and we can see if there's a spot available. If you're looking at whether you can buy groceries or do the program, it might not be the right time, or you might need to reach out for support from loved ones.

I know a lot about health, healing, and the nervous system. I'm a more advanced practitioner. Or I've worked with you in another program or capacity. Will I benefit from this program?

- All levels are welcome here. No matter if you've never worked with the nervous system or you're a seasoned teacher, you'll be able to go farther and deeper. You'll take the information you know, at whatever level you know it, and be able to deepen and integrate your understanding.
- Every time I do these practices and deepen into the teachings, even though I teach it and work privately with it with my clients, I continue to learn, grow and heal at deeper levels.

I'm just a beginner. This work is completely new to me. Will I be able to keep up and benefit from this program?

- The program is designed to create a foundation and build upon it.
- As a beginner, you'll learn plenty, and will also come to recognize how much you already know, because we'll be working with YOUR body and lived experience, which is the most valuable teacher of all.
- Everything will be accessible to you as you're learning. We start at the very beginning (a very good place to start) and make this accessible.
- You'll have opportunities to learn, practice in the calls and outside of the calls, and will be doing a lot of the learning in your own body.
- Plus, you'll have Integration/ Q&A calls where you can come with specific questions to get support in the areas you need, and there will be invitations to go deeper if you like.

I prefer to do this work alone, and because of how and where I work, I need to keep my personal experience private. I'm not accustomed to or comfortable expressing myself in group settings.

- First, you are not alone in this. I've had many clients who have been in your situation (and I've been there myself). Leadership often results in people feeling they don't have spaces to speak the truths of the challenges and struggles, nor the learning.
- You will be invited to participate at the level that feels right for you. You can speak during every call, or be in listen-only mode and follow along the entire time.
- Learning and healing in community offers great benefits, and many leaders I know who feel they cannot express in other group settings often feel comfortable in the small and safe as possible group spaces I lead.
- That said, you can receive great benefit from showing up, following along, listening, and doing the practices and homework - during and between our calls.

How about later? I'm too busy now.

- If you've read this far, something in you is motivated to make change.
- And while I understand busy, and am continuously working to re-orient my relationship to it, I also know that health and well-being are essential.
- And I know that when we have signals that things aren't right and we keep ignoring the signals that are telling us we need to make change, they will start getting more demanding and urgent. And what's uncomfortable can become unbearable. And unbearable can turn into crisis. (Ask me how I know...)
- I can pretty much assure you, there's never going to be an easy time, or lots of extra space. I encourage you, if you feel called to do this program, and something in you is calling for your attention, to go ahead and do it. Make the space, prioritize your health and well-being, so that you can then do your leadership and changemaking work in more powerful and potent ways.
- I can pretty confidently assure you, once you're in, it's highly unlikely you'll want to turn back. This journey is powerful and can change your life in ways you may not be able to imagine right now...