



THE WHOLESOME JOURNEY  
GROUP COACHING Q&A

Schedule

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### ABOUT


By enrolling in The Wholesome Journey's Group or Mentorship Program, you have access to six (6), 60-minute group coaching sessions with Alison.

These sessions take place within the [The Wholesome Journey Group community](#) within the "Meetup" tab of the group.

Each group call is recorded and available for re-play within the community.

### BEFORE THE SESSION

 You can add your questions to the Q&A Form [here](#). You'll also be welcome to ask questions during the session.

 If you are unable to attend the session live, but have questions, be sure to complete [this form](#) so your question(s) are answered and you can review the answer in the replay.

### WHEN ARE THE SESSIONS? - *Attend any or all scheduled sessions.*

Typically, the sessions will always take place on the **1st Tuesday** and the **3rd Thursday of every month** at

- 10 am PT/12 pm CT/1 pm ET
- **AND** 5 pm PT/7 pm CT/8 pm ET

There are some exceptions - such as around the holiday season!

Also, please note, although I'll do by best to always hold to the following days and times, they are subject to change. *(Life happens!)* In this event, you'll be notified by email as soon as possible regarding the change. It will also be updated within the Group Community Meetup section.



## WHAT'S NEXT?

Starting from the day of your enrollment, note the next six (6) sessions in the list below. These are the 6 sessions included in your program! Following those 6-sessions, you will no longer have access to the community or group coaching sessions.



Jump into the Group Community, find the upcoming sessions and be sure to **add them to your calendar** so you don't miss them!

## WHAT IF I WANT MORE SESSIONS?

Whoo hoo! I love that! In that case, I would encourage you to join **Wholesome Life: A Membership**, which you'll be invited to following The Wholesome Journey program (about 12 weeks after enrollment). Within Wholesome Life, I host monthly Q&A community sessions (plus, so much more!) for those who are members of Wholesome Life.

More info to come! But as always, feel free to send any questions to us at [support@wholesomellc.com](mailto:support@wholesomellc.com).

## UPCOMING DATES

*\*Please Note: All Group Coaching Q&A sessions will take place at 10 am PT/12 pm CT/1 pm ET **AND** 5 pm PT/7 pm CT/8 pm ET*

### 2023

Tuesday, August 1st  
Thursday, August 17th  
Tuesday, September 5th  
Thursday, September 21st  
Tuesday, October 3rd  
Thursday, October 19th  
Tuesday, November 7th  
Thursday, November 16th  
Tuesday, December 5th  
\*\*Thursday, December 14th  
\*Tuesday, December 19th

### 2024

\*Tuesday, January 2nd  
\*\*Tuesday, January 9th  
Thursday, January 18th  
Thursday, February 15th  
Thursday, February 22nd  
Tuesday, March 5th  
Thursday, March 21st  
Tuesday, April 2nd  
Thursday, April 18th  
Tuesday, May 7th  
Thursday, May 16th

### 2024 (continued)

Tuesday, June 4th  
Thursday, June 20th  
Tuesday, July 2nd  
Thursday, July 18th

*Stay Tuned for the Next Calendar*

**Updated as of  
December 19th, 2023**

\*\* Afternoon session ONLY (12 pm CT)

\*Evening session ONLY (7 pm CT)