

# ***Fortify Your Foundation Group Coaching Workshop***

## **Frequently Asked Questions**

**Join us in this 6-week intensive self-care and personal development program which harnesses the synergy, motivation, and accountability of the group environment.**

**What will I get out of this program?** You will learn a framework for strengthening your personal foundation and walk away from this program with proven tools and techniques for simplifying and aligning your life around what really matters. You can expect to be challenged and celebrated by your peers and your coach in a supportive and engaging group learning environment.

**How do I register?** Complete this [registration form](#) or access the registration link @ [www.walkonpurpose.com/fortify-your-foundation](http://www.walkonpurpose.com/fortify-your-foundation).

**How can I participate?** It is simple! At the specified session times we will be connecting via conference bridge. If you have any questions about using the conferencing system, please let us know and we will walk you through the process prior to the first call.

**How do I access the conference and information?** The conference information will be emailed to you upon registration. Workshop materials will be emailed to you prior to each session.

**What do I need to participate?**

- You will get the most out of your experience when you are on time, prepared, and fully present for each session.
- You will need to connect to the conference bridge for each session. For the best experience, join with access to your computer / tablet with a stable internet connection to engage in screen-share.
- Between sessions you will be sent supplemental materials and exercises. You may want to print some of these documents.
- There may also be books referenced that you may wish to rent or buy.

**What time commitments will be required?** Weekly group sessions are 75 minutes. The amount of time dedicated to pre/post session activities is dependent on the individual. All activities will be geared toward fortifying your personal foundation. Weekly 15-minute 1:1 laser coaching sessions will be offered to assist you with any questions or challenges. In addition to scheduled sessions, plan to dedicate at least 20-30 minutes a week to working on your personal foundation actions & assignments.

**As a participant, what support will I have?**

Outside of the Group Sessions, you will also have:

- 1:1 coaching sessions with Regina to assess your needs and ensure targeted application of insights to enhance your learning
  - Pre-program session (15 minutes)
  - Five (5) 15-minute weekly sessions between group coaching calls
  - Post-program session (15 minutes)

- Mini-mastermind learning partners to facilitate learning and accountability (discussed and designated during the first session).
- Pre-work to prepare you for the program and materials, tools, or exercises to enhance your learning, experience, and implementation of insights between the group sessions.
- Access to a private online forum to facilitate ongoing connection with other mastermind participants. Often times the relationships formed between participants during the group program last long after the program has ended; your relationships have the potential to last a lifetime!

### **What components are included in the registration?**

- Six (6) 75-minute Group Coaching Sessions:
- Seven (7) 1:1 coaching sessions totaling nearly 2 hours
- Workshop materials, assessments, tools and exercises
- 15% discount for 1:1 coaching packages purchased within 3 months of completing the workshop

**What forms of payment are accepted?** Electronic payment can be made via a secure PayPal invoice. You don't need a PayPal account to remit payment through their system. E-Checks, ACH transfers, credit cards and PayPal credit are acceptable forms of payment.

### **What are the benefits of attending a virtual group coaching program vs. an in-person program?**

Virtual programs provide a convenient option for busy professionals and parents to participate in a coaching program from the safety and comfort of their home or office. You also have the option of participating from any other location while traveling or on vacation.

Benefits of participating in a virtual program include:

- No travel costs or travel time.
- Opportunity to connect with and learn from individuals across a wide geographic area.
- Ability to apply your learning as soon as you disconnect from the conference bridge.
- Safe and convenient.

### **Who leads the Group Coaching Programs?**

Regina Ross, a Certified Coach and Founder of [Walk on Purpose](https://www.walkonpurpose.com), is the program facilitator. Regina received her coach training through Coach U and her certification with the International Coach Federation (ICF). As a trained facilitator, versatile business & ministry leader, and certified Lean, HR & Change Management practitioner with a passion for continuous improvement and leadership development, Regina has created and facilitated multiple group training and coaching programs. As a leadership & life coach, Regina helps her clients enlarge their vision, clarify their focus, and bring out their best to enable them to achieve greater levels of sustainable success. For more information about Coach Regina, check out: <https://www.walkonpurpose.com/about>

### **More Questions?**

Contact Regina Ross by email at [reginaross@walkonpurpose.com](mailto:reginaross@walkonpurpose.com) or by phone at 203-701-9546. You may also wish to view more information about the program at: <https://www.walkonpurpose.com/fortify-your-foundation>.