

WHOLE-HEARTED WELL-BEING 2023-24

All calls are 1 hour long - generally 1st & 3rd Wednesdays (please note the exceptions).

SEPTEMBER

Clarity Coaching Call
Wed., 9/6, 4:30 PT/7:30 ET
Focus: 2023-24 Kickoff
+Q&A

Whole-HeartED Healing Hour
Wed., 9/20, 4:30 PT/7:30 ET
Focus: Self-Commitment

Habit Focus of the Month
My needs matter daily!

OCTOBER

Clarity Coaching Call
Wed., 10/4, 4:30 PT/7:30 ET
Focus: Aligned Boundaries
+Q&A

Whole-HeartED Healing Hour
Wed., 10/18, 4:30 PT/7:30 ET
Focus: Triggers & Glimmers

Habit Focus of the Month
Sleep

NOVEMBER

Clarity Coaching Call
Wed., 11/1, 4:30 PT/7:30 ET
Focus: Energy Support Systems
+Q&A

Whole-HeartED Healing Hour
Wed., 11/15, 4:30 PT/7:30 ET
Focus: Wisdom Within

Habit Focus of the Month
Gratitude

DECEMBER

Clarity Coaching Call
Wed., 12/6, 4:30 PT/7:30 ET
Focus: Physical Well-being
+Q&A

Whole-HeartED Healing Hour
Wed., 12/20, 4:30 PT/7:30 ET
Focus: Slowing Down

Habit Focus of the Month
Mindful Presence

JANUARY

Clarity Coaching Call
Wed., 1/10, 4:30 PT/7:30 ET
Focus: Habit Check-in
+Q&A

Whole-HeartED Healing Hour
Wed., 1/24, 4:30 PT/7:30 ET
Focus: Intentionality & Identity

Habit Focus of the Month
Intention Setting

2nd & 4th Wed. this month

FEBRUARY

Clarity Coaching Call
Wed., 2/7, 4:30 PT/7:30 ET
Focus: Mindset
+Q&A

Whole-HeartED Healing Hour
Wed., 2/21, 4:30 PT/7:30 ET
Focus: Feeling into Feelings

Habit Focus of the Month
Self-Compassion

MARCH

Clarity Coaching Call
Wed., 3/6, 4:30 PT/7:30 ET
Focus: Find Fun & Squash Stress
+Q&A

Whole-HeartED Healing Hour
Wed., 3/20, 4:30 PT/7:30 ET
Focus: Unlearning

Habit Focus of the Month
3 Good Things

APRIL

Clarity Coaching Call
Wed., 4/10, 4:30 PT/7:30 ET
Focus: Boundary & Bond Refresh
+Q&A

Whole-HeartED Healing Hour
Wed., 4/24, 4:30 PT/7:30 ET
Focus: Compassion for Me & You

Habit Focus of the Month
Relationship with Screens

2nd & 4th Wed. this month

MAY

Clarity Coaching Call
Wed., 5/8, 4:30 PT/7:30 ET
Focus: Energizers & Drainers
+Q&A

Whole-HeartED Healing Hour
Wed., 5/22, 4:30 PT/7:30 ET
Focus: Grace, Grief, Gratitude

Habit Focus of the Month
Gratitude

2nd & 4th Wed. this month

JUNE

Clarity Coaching Call
Wed., 6/5, 4:30 PT/7:30 ET
Focus: Celebration & Transitions
+Q&A

Whole-HeartED Healing Hour
Wed., 6/19, 4:30 PT/7:30 ET
Focus: Body Love & Wholeness

Habit Focus of the Month
Get Moving

JULY

Summer Spaciousness
Any Calls TBD

Habit Focus of the Month
Journaling

AUGUST

Clarity Coaching Call
Wed., 8/7, 4:30 PT/7:30 ET
Focus: VISION Boards
+Q&A

Whole-HeartED Healing Hour
Wed., 8/21, 4:30 PT/7:30 ET
Focus: Advocating

Habit Focus of the Month
VISION

Schedule & Topics Subject to Change. Replays will be added to your library within 48 hours.