

# UPDATED WHOLE-HEARTED WELL-BEING 2023-24

All calls are 1 hour long - generally 1st & 3rd week of the month (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  
Mon., 12/4, 4:30 PT/7:30 ET  
Focus: Physical Well-being  
+Q&A

Whole-HeartED Healing Hour  
Mon., 12/18, 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  
Mon., 2/5, 4:30 PT/7:30 ET  
Focus: Mindset  
+Q&A

Whole-HeartED Healing Hour  
Mon., 2/19, 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  
Mon., 4/8, 4:30 PT/7:30 ET  
Focus: Boundary & Bond Refresh  
+Q&A

Whole-HeartED Healing Hour  
Mon., 4/22, 4:30 PT/7:30 ET  
Focus: Compassion for Me & You

Habit Focus of the Month  
Relationship with Screens

*\*2nd & 4th Mon. this month\**

## MAY

Clarity Coaching Call  
Wed., 5/1, 4:30 PT/7:30 ET  
Focus: Energizers & Drainers  
+Q&A

Whole-HeartED Healing Hour  
Wed., 5/15, 4:30 PT/7:30 ET  
Focus: Grace, Grief, Gratitude

Habit Focus of the Month  
Gratitude

## JUNE

Clarity Coaching Call  
Mon., 6/3, 4:30 PT/7:30 ET  
Focus: Celebration & Transitions  
+Q&A

Whole-HeartED Healing Hour  
Mon., 6/17, 4:30 PT/7:30 ET  
Focus: Body Love & Wholeness

Habit Focus of the Month  
Get Moving

## JULY

Summer Spaciousness  
Any Bonus Calls TBD

Habit Focus of the Month  
Healthy Nutrition

## AUGUST

Clarity Coaching Call  
Date TBD, 4:30 PT/7:30 ET  
Focus: VISION Boards  
+Q&A

Whole-HeartED Healing Hour  
Date TBD, 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.