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Emotional Mastery Journey FAQs

Can I get a refund?

Absolutely! My top priority is for every participant to receive the value they seek. Fortunately, you and I will know if this group isn't giving you the results we both want for you in our twice-monthly 1:1 coaching sessions. Refunds will be prorated based on the number of sessions remaining in the program. For example, if you've attended two out of the twenty-two 1:1 coaching sessions, your refund will be 91%, \$4,095.

Is the self-study work mandatory?

The work you do on your own in between our 1:1 sessions and group calls is essential for you to receive the full value of this program. The exercises and guides are designed to create the optimum container in which you make your own powerful discoveries.

Are the group calls mandatory?

The group calls are the place where you get to hear and benefit from the experiences of other group members. You also have the opportunity to share your experiences to inspire and affirm others. The calls will be recorded and available afterward.

Is this therapy?

Deeply transformative coaching can appear similar to therapy. However, coaching is only appropriate for someone who is currently considered functional. Therapy is recommended for anyone experiencing difficulty in engaging with life in a functional way. The initial application and phone call will ensure that you receive the recommendation that is best for you. I am committed to referring applicants to whatever resource will best serve their needs.

How do you handle confidentiality?

As a Certified Professional Coach, I follow confidentiality practices similar to a therapist. I hold confidential any information you share during our 1:1 sessions. You will choose what feels appropriate to share on the group calls, understanding that they are recorded and shared with the entire group. If you request coaching during the group calls, I will address only the information you have chosen to share at that time.

Why are you offering this as a group program?

My experiences with 1:1 clients and groups have shown me how powerful the cohort dynamic can be in facilitating deep and accelerated transformation. This program is structured to ensure that you have an abundance of 1:1 support while receiving the rich gifts of learning from and sharing experiences with your peers. The third essential component is your own self-study and practice. These three elements together create a powerful container within which you envision, embody, and emerge the story of who you already are and how you wish to be in the world.

Do you offer payment plans?

Individual requests for a payment plan will be considered. My mission is to support you in attaining clarity about your needs and desires and whether this program offers what you're looking for. It's one of the reasons I have a simple and relaxed refund policy. If you feel the program is not working for you, you receive your prorated refund.

Except in cases of the absence of actual funding, there are multiple reasons that a single payment creates an optimum experience for you, the client. In choosing to join this group, you affirm your belief that transforming your story and the conditions of your life are a priority. A single payment removes the need to re-decide this belief each time. It's also normal to be hesitant about investing in a program with unclear financial returns which can result from any conditioning that leaders don't put self-love or self-care first. Becoming clear about what stories may be blocking your sense of freedom to invest is a transformational awareness. It's my commitment to support you in experiencing transformation before, during, and after our initial consult, regardless of whether you enroll in this program or not.

*If you have questions about the Emotional Mastery Journey that aren't addressed here, please send them by email to Zette @ ZetteHarbourCoach.com