# FAQ for Workshops Done

## When does the Workshops Done Program start and finish?

The Workshops Done Program can be a self-paced course and can work through the instructional videos and worksheets whenever it works best for you. You will have access to download the materials as soon as you sign up and have lifetime access to the documents, lectures, and worksheets, so you can set your own pace or refer back to the materials as you develop the workshop area of your health coaching business.

For extra support and accountability, coaches can participate in live group coaching calls and to be part of an active Facebook group along with other motivated coaches and the facilitator of Workshops Done, Lori Kearney. If you would like to take the course as a group, it kicks off on Tuesday, May 21st at 7:30 pm CT with a live group call. Joining the group calls are optional. This hands-on support is included in the fee for Workshops Done.

## Can I do Workshops Done if I have a full-time job? How long is the program?

Absolutely! You can complete the course over a three-day weekend, but many health coaches complete the course within six-eight weeks, giving two-three hours each week, depending on how quickly you work. You can work through the videos and worksheets at your own pace.

Starting May 21st, a calendar is put into place with suggested deadlines to help the group with accountability. Some people take baby steps, and others take big leaps in this program, but the most important thing is to continue to move forward. This program is entirely manageable with a full-time job. You decide what pace works best for you. You can take the course as many times as you like!

## I'm busy! How will this course save me time?

I get it. My goal is to provide you with actionable information that you can implement right away...not "fluff" that sends you in a million different directions.
You're saving time by joining Workshops Done and getting an actual system, done-for-you material and a process to accomplish the goal of giving workshops to grow your health coaching business rather than taking shots in the dark and figuring things out on your own.

## How can I access the course?

This course is exclusively available to health professionals. All materials can be accessed online, with a software called Teachable. Once you sign up, you will have access to all of the downloadable materials and instructions immediately!

## Can I customize the Wellness Workshop materials?

Yes! All of the materials are in Microsoft Word or Microsoft PowerPoint. You can customize and re-brand each handout, PowerPoint, etc. and make it your own. You could add your health coaching company logo, color schemes or even combine materials from different workshops to create a new

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Wellness Workshop. Each workshop comes with a PowerPoint presentation for an in-person workshop and a PowerPoint presentation for a virtual workshop/webinar. These materials are not to be shared with other health professionals but can be edited then shared with your clients in PDF form.

## When does the early-bird rate end?

The HUGE $300 off early-bird promotion with the two bonus workshops is going on right now until Thursday, May 21st at 1 pm CST. You will get immediate access as soon as you sign up for the program, so sign up today!

## Do you offer a payment plan?

Absolutely! There is an option to pay-in-full and another for five monthly payments. For example, if you purchase the program today, the next payment would be one month from today and last payment four months from today. The payment plan is $227 a month with the early-bird discount of $300 off. The HUGE early-bird price with the bonus workshop expires on Thursday, May 21st at 1 pm CST.

*Please note that all charges are in US dollars.

## How much can I charge to give a Wellness Workshop? What is the potential for added income?

Rates vary from complimentary to $1000 or more. Most health coaches charge $395 for a 60-minute workshop, which is an added revenue of over $20,000 to your business if giving one wellness workshop a week. Plus, these workshops bring more clients to your health coaching business. Taking this course pays off in earnings, it is an easy investment in your business.

## When are the live group coaching sessions?

These group calls are offered to give you a new level of support, they are optional to attend. All group calls are recorded if you are not able to attend live.

WELCOME, INTRODUCTIONS, AND LIVE KICK-OFF CALL

Thursday, May 21st at 5:30 pm PST/6:30 pm MST/7:30 pm CST/8:30 pm EST

LIVE COACHING CALL, REVIEW AND QUESTIONS – PRE-MODULE AND MODULE 1

Tuesday, May 26th at 5:30 pm PST/6:30 pm MST/7:30 pm CST/8:30 pm EST

LIVE COACHING CALL, REVIEW AND QUESTIONS - MODULE 2

Tuesday, June 9th at 10:00 am PST/11:00 am MST/12:00 pm CST/1:00 pm EST

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LIVE COACHING CALL, REVIEW AND QUESTIONS - MODULE 3

Tuesday, June 23rd at 5:30 pm PST/6:30 pm MST/7:30 pm CST/8:30 pm EST

LIVE COACHING CALL, REVIEW AND QUESTIONS - MODULE 4

Tuesday, July 14th at 10:00 am PST/11:00 am MST/12:00 pm CST/1:00 pm EST

*Monthly Live with Lori Coaching Calls are held the second Tuesday of every month at 10 am PST/ 12 pm CST/ 1 pm EST. You have lifetime access to attend all live group calls.

## I don't feel that I know enough or am good enough to give workshops. Would this be a good program for me?

First of all, you are enough, and you know enough. This is a common concern and as health coaches, we know we are the only ones who can create our own experiences, and they all start with our thoughts. When we change our thoughts, we can change the direction of our life and business. In this program, we cleanse the negative thoughts (toxins) out of your mind, add in positive affirmations and focus on gratitude every day, multiple times a day. Workshops Done has a section about Mindset in EVERY module. Many health coaches add the Mindset shift coursework to their own health coaching practice as well.

## Could I use these workshops as a webinar/ virtual workshop or only in-person?

Yes. All the workshops can be given in-person or online as a webinar/ virtual workshop. Each workshop comes with a PowerPoint presentation to given in-person and a revised PowerPoint for a virtual workshop/ webinar.

## How long do I get access to download the materials?

How does forever sound? You have access to download the materials as soon as you sign up and have lifetime access to the workshops, marketing materials, lectures, and worksheets.

## About how long are the workshop presentations?

Wellness Workshops range from 50-90 minutes, but most are about 60 minutes. These workshops have a lot of content, and each workshop could be separated into three 60-minute, in-depth workshops.

## Could I use these workshops for a group health coaching experience instead?

Absolutely. I have done that and small groups love them! These workshops could each be a three-hour group coaching class instead. There are A LOT of notes under each tip and depending on how deep you want to go or based on your audience, you can decide which points to use.

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## I am nervous about contacting venues and companies to present Wellness Workshops. I don't know what I would say or what I would email them? Would this program work, since I don't think I could actually do this.

That is a common concern and not to worry; we will "hold your hand" during this step. Together, we can do it! In the first module, we brainstorm a list of companies and venues to contact. In the second module, we practice a phone script while also creating a beautiful E-Brochure for Wellness Workshops. Once you make the calls and send emails, you will feel confident and comfortable (and you will expand your comfort zone by being uncomfortable for now).

## I am an introvert and feel like I am not a strong speaker. I have helped people & do enjoy sharing their success stories with others to give them hope. Is this a good fit for me?

Yes, and you are an excellent speaker and your future clients are waiting for you! Speaking is not about being a strong speaker but more about the relationship with the audience. People are hungry to be inspired by new ideas for healthy living. They want ideas that move their heart that is emotional, inspirational and also memorable. Stories are a powerful way to get a message across and to connect with your audience. I discuss how to bring your authentic self to your audience.

Tell a story in every Workshop. When you're telling the story, you are connecting with your audience. Different parts of the brain are lighting up as they hear the story and you're persuading them that this is something they can accomplish as well.

## I am not very "techy," how hard is it to update the materials? What program are they in?

All materials are in Microsoft Word or Microsoft PowerPoint. There are links to files to update/edit in Google Sheets and Canva, as well. Those are both optional to use for organization and promotion. All of the documents with Workshops Done can be used as a template and updated with your own logo and re-branded with your name. Step-by-step videos are included as to how to update all files within Workshops Done.

## Do I need a degree or certification to be a Wellness Educator?

Great question! You don't need any special certification to be a wellness instructor, although degrees or accolades certainly don't hurt your credibility. Most health professionals that take the Workshops Done program have a certification in health coaching.

## Could I use these workshops for a Facebook Live on my business or personal pages?

Yes. These workshops are amazing for Facebook live posts. Each tip is used as a new five-minute Facebook Live post. So, you have many months' worth of weekly posts and live videos to create a social media buzz.

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## Do I have access to the whole program immediately?

Yes, as soon as you sign up, you will get a welcome email with all of the details to access ALL materials.

## Is there a money-back guarantee?

Of course! I genuinely want you to succeed, which is why I offer a generous 30-day money-back guarantee. Simply let me know within 30-days if you'd like a refund, show your homework and what did not resonate with you to get your money back.

**For details and registration, please go to**
**https://www.workshopsdone.com/program**

## BONUS – FREE BREAKTHROUGH SESSION WITH LORI!

Lori Kearney, Certified Integrative Health Coach, has generously gifted every health coach interested in Workshops Done a free 30-minute business coaching session to see if Workshops Done is a good fit. Contact Lori Kearney today at info@mindfulhealthwithlori.com or 612.720.1335 to secure your appointment.

WORKSHOPS DONE

AN IMMERSION PROGRAM FOR HEALTH COACHES