

Wild Life FAQ

Q: What is the Wild Life Coaching Program?

A: The Wild Life Coaching Program is a five-month goal-setting experience designed to help you set and achieve goals that are truly aligned with your vision and values. This program takes a unique approach by encouraging you to treat your goals like an adventure, not a daunting task. You'll be guided through the process of identifying what you truly want, creating a clear action plan, and building the confidence to pursue it, all while embracing the adventure mindset. With one-on-one coaching, personalized exercises, and a supportive community, you'll transform the way you approach challenges and unlock new possibilities in your life.

Q: How much does the Wild Life Coaching Program cost?

A: The Wild Life Coaching Program is included as part of the Wild Woman Community membership, which costs just \$35 per month. As a member, you'll get access to the full program, including personalized coaching, a comprehensive workbook, and a supportive group of like-hearted women to cheer you on.

Q: Who is the Wild Life Coaching Program for?

A: The Wild Life Coaching Program is for women who are ready to embrace their boldest, most adventurous selves and transform the way they approach goals. If you're tired of feeling pressured by traditional goal-setting or worried about failure, this program will teach you to see your goals as exciting opportunities for growth and exploration. It's for women who want to step into their fullest potential and use their goals as a path to becoming their favorite version of themselves—confident, courageous, and ready for adventure.

Q: What kinds of goals can I set in the Wild Life Coaching Program?

A: In the Wild Life Coaching Program, you can set any goal that calls to you, from health and fitness goals to career shifts, relationship improvements, or personal growth. The beauty of this program is that it's not just about the end result, but about the process of growth and transformation along the way.

Some of the goals women in the Wild Woman Community are setting in 2025 include:

- Establishing a daily practice to nurture inner harmony
- Exploring a career change
- Managing mindset for a big move
- Building a supportive community
- Going all-in on side businesses
- Planning for and executing retirement
- Getting healthy—physically and mentally
- Cultivating a relationship of trust with myself and setting boundaries
- Embarking on solo, international travel
- Starting a small business
- Going back to school for something I'm passionate about
- Preparing for a milestone birthday trip

The Wild Life Coaching Program is all about helping you approach your goals with an adventurous mindset, where every step along the way becomes a transformative experience. It's not just about what you achieve, but who you become in the process.

Q: What's included in the 1:1 coaching sessions?

A: As part of the Wild Life Coaching Program, you'll receive two 45-minute one-on-one coaching sessions each month from January through May. These personalized sessions are designed to dive deep into the mindsets and limiting beliefs that may be standing in the way of your goals. Together, we'll explore what's holding you back and work on shifting those thoughts to ones that empower you to take action.

During our sessions, we'll also create clear action plans to keep you moving forward, hold you accountable, and celebrate your wins along the way. These sessions are your opportunity to get personalized guidance, brainstorm solutions to challenges, and ensure that you're staying aligned with your values and vision as you work toward your goals.

Q: What is the commitment required for the Wild Life Coaching Program?

A: The program is designed to be flexible, but to get the most out of it, we recommend a regular commitment to the coaching sessions, completing workbook exercises, and taking consistent action toward your goals. The more you put into the program, the more you'll gain, but the pace is entirely up to you. It's about meeting yourself where you are and embracing the adventure as it unfolds.

Q: How long is the Wild Life Coaching Program?

A: The Wild Life Coaching Program is a five-month experience, running from January through May. During this time, you'll set meaningful goals, dive deep into personal growth, and receive ongoing support. This duration gives you ample time to make progress on your goals, face challenges, and celebrate achievements—all while receiving personalized coaching and being part of a supportive community.

Q: Can I join the program if I don't have a specific goal yet?

A: Absolutely! The Wild Life Coaching Program is about helping you connect with what truly matters to you, and that can include exploring your passions, clarifying your values, or discovering your next big adventure. If you're feeling uncertain about what goal to set at the beginning, we'll work together to explore what excites you, helps you grow, and aligns with your values, so you can set a goal that feels deeply personal and meaningful.

Q: Do I need any previous coaching experience or specific skills to join?

A: No previous coaching experience or specific skills are required! The Wild Life Coaching Program is designed to meet you where you are. Whether you're new to goal setting or have tried traditional methods in the past, the program will introduce a refreshing approach. The adventure mindset is accessible to anyone who's ready to embrace it, regardless of where they're starting from.

Q: Can I join if I'm not able to attend the Trail Magic hikes or retreats?

A: Yes! While attending the Trail Magic hikes and retreats is a wonderful opportunity to connect with others and deepen your experience, they are not required to be part of the Wild Life Coaching Program. You'll still receive all the support and resources you need through the one-on-one coaching sessions and member portal.

Q: What happens after the Wild Life Coaching Program ends?

A: After the five months, you'll have a deeper understanding of your goals, how to approach challenges with an adventure mindset, and the tools to continue growing. You'll leave the program with the confidence and clarity to tackle your next adventure, whether that's a new goal or continuing to build on what you've already accomplished. Plus, you'll have access to the Wild Woman Community for ongoing support, inspiration and adventure.

Q: What else do I get with my Wild Woman Community membership?

A: As a member of the Wild Woman Community, you'll get access to a wealth of resources to support your growth. This includes:

- **Trail Magic Hikes:** Attend all of our Trail Magic hikes to connect with other women, explore the outdoors, and experience the power of nature together.
- **Backpacking Retreat Discounts:** Enjoy exclusive member discounts on our summer backpacking retreats, where you can deepen your connection with nature and other like-minded women.
- **Member Portal:** Gain access to the member portal, which includes guided visualizations, exercises, and resources for personal development and growth. This is your go-to space for inspiration, practical tools, and mindset shifts to help you on your journey.

Being a Wild Woman Community member means you're supported every step of the way—with access to a network of adventurous women, empowering resources, and opportunities to grow both on and off the trail.

Q: How can the Wild Life Coaching Program help me with my mindset?

A: The Wild Life Coaching Program is built to help you reframe the way you approach challenges. Through the one-on-one coaching sessions, personalized exercises, and mindset work, you'll learn how to shift limiting beliefs and negative thought patterns. This isn't just about setting goals; it's about transforming how you think and feel about yourself, your potential, and your life. By embracing an adventure mindset, you'll begin to see every obstacle as an opportunity to grow and thrive.

Q: How does the adventure mindset impact my goal-setting process?

A: An adventure mindset helps you approach your goals as exciting opportunities for growth, not burdens or tasks you “have to” complete. Instead of focusing on perfection or the fear of failure, this mindset encourages you to enjoy the journey, be flexible, and embrace the unknown. You’ll learn to celebrate every step, no matter how small, and recognize that the process of achieving your goals is just as important as the result. It’s about building confidence, resilience, and a sense of adventure along the way.

Q: Can I continue working with you after the Wild Life Coaching Program ends?

A: Absolutely! After completing the Wild Life Coaching Program, you’ll have the option to continue working with me in a follow-up capacity or explore other coaching opportunities that fit your needs. Whether you want to set new goals, dive deeper into personal growth, or simply stay connected to the Wild Woman Community, there will always be opportunities for ongoing support.