Are there live sessions at re-origin, or is everything pre-recorded?

Coaching and Support · https://www.re-origin.com/support/are-there-live-sessions-or-pre-recorded

re-origin offers both live sessions and pre-recorded content.

You'll have access to regular live workshops and events held via Zoom, where you can participate, ask questions, and engage with the community in real time.

If you can't attend live, all sessions are recorded and uploaded to the platform, so you can watch them whenever it suits your schedule.

In addition, Group coaching sessions are live-only, held weekly via Zoom, and provide a more structured and interactive coaching experience

https://www.re-origin.com/group-coaching

Do I have to attend live sessions?

No. All workshops and events are recorded, so you can still benefit from them even if you can't join live.

What's the difference between live sessions and Group Coaching?

Live workshops are included in your membership and open to all members, while group coaching cohorts are smaller, live coaching sessions that offer more personalized support.

Benefits of Group Coaching For Chronic Illness Recovery (Full Conversation)

Benefits of Group Coaching For Chronic Illness Recovery at re-origin

Embedded media: https://www.youtube.com/embed/BZtG04AAeR8?feature=oembed