Can I ask questions directly to the re-origin team or coaches?

Coaching and Support · https://www.re-origin.com/support/can-community-help-with-motivation-2

Yes. You can ask questions directly to the re-origin team and coaches in several ways.

You can join live workshops, group coaching sessions, and dedicated Q&A spaces, where you can receive guidance and ask questions in real time. You can also post in the community, where coaches and ambassadors are active and available to support you.

What if I don’t feel like engaging with the community?

That’s okay. The community is there when you need it, you can engage as much or as little as feels right for you.

How does the community help with motivation?

It provides encouragement, accountability, and a sense of shared progress, which can make it easier to stay consistent even during challenging periods.