# Do I get support in the community?

Coaching and Support · https://www.re-origin.com/support/do-i-get-support-in-the-community

Yes, support is a core part of the re-origin community.

You'll be supported by coaches, ambassadors who are fellow members who  have used the program to heal and who understand what you're going through. Inside the community, you can ask questions, share experiences, and receive encouragement and guidance to help you stay consistent and motivated.

There are also structured ways to stay supported, including community challenges, guided discussions, and our *Progress Pals* space where you can connect one-to-one with another member for accountability and encouragement.

Whether you prefer active participation or quieter observation, support is always available, and many members find the community becomes a key part of their progress.

## Will I get support from coaches directly?

Coaches are active within the community through workshops, Q&As, and guidance, alongside support from ambassadors and experienced members.

## What if I don't feel comfortable posting?

That's completely okay. You can engage at your own pace—many members benefit simply from reading and learning from others.

**5 Reasons to Join A Brain Retraining Community**

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Embedded media: https://www.youtube.com/embed/w8quP9UKynk?feature=oembed