How is re-origin different from other programs?

Conditions and Effectiveness · https://www.re-origin.com/support/how-is-re-origin-different-from-other-programs

The main differences between re-origin and other brain rewiring programs is -

Our program is grounded in proven scientific principles. You can explore the research and methodology that underpin our approach on our Science page.

- You can connect with our uplifting online community! Here, you'll find coaches and fellow members ready to support your journey. Ask questions, share insights, and discover a wealth of information and guidance tailored to your needs. You will have access to our weekly Q&A sessions to ask questions, get insights, and stay on track with the program.
- We have a very extensive Resource Centre with lots of extra tools and resources to help you on your journey.
- We have free ambassador-led monthly challenges designed to deepen your engagement with the re-origin mindset.
- You can choose the support that works best for you, with options for group coaching and personalized 1-1 sessions with our expert coaches.
- Our program is designed for busy lives. It requires just 30 minutes a day spread out across your routine. It's practical, effective, and easy to incorporate into your daily activities. We also offer free regular somatic classes and guided visualization sessions.

You can also watch a free, on-demand webinar to experience our resources, get common questions answered, and peek into our community. See available webinars and register to watch in our Webinar Library.

If you need any further details or have specific questions, feel free to reach out. We're here to help you take the first steps toward transformation!

Do I need to follow a strict schedule or routine?

No the program is designed to fit into your daily life. Many members spend around 30 minutes a day, and you can choose the level of support that works best for you, whether that’s self-paced learning, group coaching, or additional sessions.

Is re-origin just another brain retraining program?

No, while re-origin is grounded in brain retraining principles, it goes beyond a single-method approach. The program combines science-based education, practical daily tools, group coaching, and a supportive community to help you apply the work consistently in real life. This integrated approach is what helps many members stay engaged and see lasting progress.