# What if I can’t make a Group Coaching session?

Coaching and Support · https://www.re-origin.com/support/what-if-i-cant-make-a-group-coaching-session

If you’re unable to attend a Group Coaching session, please don’t worry, we’ve put systems in place to ensure you don’t miss out on the key insights, guidance, and support shared during the session.

We understand that life can be unpredictable, and it’s not always possible to make every live coaching call. Whether it’s due previously commitments, health needs, or personal responsibilities, missing a session does not mean you fall behind in your progress.

After each Group Coaching session, detailed notes are taken and carefully compiled to capture the most important discussions, themes, and takeaways. These notes are then shared with you in your private group forum. This allows you to stay fully informed about what was covered, including key coaching points, member questions, and practical strategies discussed during the session.

By reviewing these notes, you will still benefit from the collective learning experience of the group. Many members find that reading through the reflections and shared insights at their own pace can be just as valuable as attending live, especially if they prefer time to process and integrate the material more deeply.

In addition to the notes, you’re always encouraged to remain actively engaged in your group space. You can ask follow-up questions, share your reflections, or seek clarification on anything that came up during the session. Our coaches and community members are there to support you, so even if you weren’t present live, you’re still very much part of the conversation.

If you know in advance that you’ll miss a session, it can also be helpful to post any questions or topics you’d like covered ahead of time in your group forum. This way, your coach can address them during the session, and you can later review the response in the notes provided.

Consistency is helpful for building momentum, but flexibility is just as important. The program is designed to support you in a way that works with your life, not against it. Missing a session occasionally is completely normal and does not impact your ability to benefit from the coaching

process.

We encourage you to return to live sessions whenever you’re able, as they offer real-time interaction, connection, and the opportunity to engage directly with your coach and peers. However, rest assured that even when you can’t attend, you still have access to the core value of each session through the shared notes and ongoing community support.