What alternatives do you offer if I can’t/don’t feel comfortable joining Zoom calls at re-origin?

Coaching and Support · https://www.re-origin.com/support/zoom-calls-alternatives-at-re-origin

What If I Don’t Feel Comfortable Joining Zoom Calls at re-origin?

If you don’t feel comfortable joining Zoom calls, you can still fully participate in the program.

While live coaching sessions and workshops are currently hosted on Zoom, they are not required in order to benefit from the program. There are flexible alternatives that allow you to engage in a way that feels comfortable and supportive.

Alternatives to Zoom Calls

If you prefer not to attend Zoom calls, you can access the same content and insights through recordings.

You can:

- watch session replays in your own time
- pause and reflect at your own pace
- revisit key discussions whenever needed
- engage with the material without being live on camera or audio

A Self-Paced Experience

The core of the program is self-paced, which means you are not dependent on live sessions.

All essential content is delivered through structured videos and resources that you can access anytime. This allows you to:

- learn and practice independently
- move through the program at your own pace
- avoid live environments if they feel overwhelming
- engage in a way that suits your needs and preferences

Many members choose to focus primarily on the self-paced elements.

Optional Live Participation

Live Zoom sessions are available for those who want additional support, but they are entirely optional.

Some members find value in:

- real-time interaction
- asking questions directly
- connecting with others

However, others prefer a quieter, more independent approach—and both are equally valid.

If Zoom Feels Overwhelming

It’s completely understandable if Zoom calls feel uncomfortable, especially if you experience:

- social anxiety
- sensory sensitivity
- fatigue or overwhelm
- preference for privacy

The program is designed to accommodate different comfort levels, so you can choose what works best for you.

Staying Supported Without Zoom

Even if you don’t attend live sessions, you are still supported.

You can:

- access all recorded sessions
- engage with community content in your own time
- continue progressing using the core tools and practices

Support is not limited to live participation.

Summary

You do not need to join Zoom calls to benefit from the program. With recordings, self-paced content, and flexible engagement options, you can fully participate in a way that feels comfortable and manageable.

Can I do the program without attending live Zoom sessions?

Yes, you can complete the program without attending any live Zoom sessions. All core content is self-paced, and session recordings are available to watch in your own time.

Are Zoom calls required for coaching?

No, Zoom calls are not required. They are optional and designed to provide additional support, but you can still benefit from the program without joining them or rewatching all of the content afterwards, once the recorded sessions are uploaded into the community.