



Frequently Asked Questions (FAQ)

What is the duration of the coaching program?

The coaching program runs for 3 weeks. We will meet once per week via video call. Between sessions, clients will complete journaling, exercises, meditations, and other coaching tools provided during our calls.

When does the next session begin?

The next session begins in August, and we are currently accepting applications. Applicants will be notified by email once accepted into the program. For the one-on-one program, clients will book their time slots through an online calendar. For the group program, all clients will be informed of the date and time before our weekly meetings. Clients can then decide whether or not to join the program.

What are the available coaching formats?

We offer two formats:

Group Coaching: \$275 for 3 weeks

One-on-One Coaching: \$375 for 3 weeks

What is the schedule for the sessions?

Group Sessions: Held on Fridays at 21:00 Eastern Time (ET). The exact dates will be determined once there are at least three members in the group.

Individual Sessions: Clients can schedule at their convenience using an online calendar provided once they are accepted into the program.

What if I miss a session?

Attendance is crucial for your progress. If you anticipate missing a session, please contact us in advance to discuss possible accommodations.

Canceling a Group Session:

If you cancel at least 24 hours in advance, you can schedule a one-on-one session for an additional \$100. This rescheduled session must occur before the next group session. You may reschedule up to two times. If you cannot commit to the three group meetings, please consider the One-on-One program for more flexibility.

Canceling a One-on-One Session:

You may reschedule up to two times for an additional \$50 per session. Refunds for the full course cost are not available. The rescheduled session must occur within two weeks of the original date to maintain the program's continuity.

What can I expect from group coaching?

In group coaching, you'll engage with peers, share experiences, and benefit from collective growth. Each session includes discussions, activities, and opportunities for interaction.

How personalized is the one-on-one coaching?

One-on-one coaching provides personalized guidance tailored to your specific goals and challenges. Each session focuses entirely on your progress and development.

How do I apply for the program?

To apply, please fill out the application form on my website karinmekara.com or contact me at info@karinmekara.com.

What if I'm unsure if this program is right for me?

I offer a FREE 15-minute discovery call to help you determine if this program aligns with your goals. Email me at info@karinmekara.com to book your call.

What is the payment process?

Once your application is accepted, we will provide you with payment details. Payment must be completed before the program begins. We only accept PayPal.

Are there any prerequisites for joining the program?

There are no specific prerequisites. The program is designed to accommodate individuals at various stages of their personal or professional development.

