

THE WISEST SELFTM FORUM

Frequently Asked Questions



PROGRAM BASICS

What is the Wisest Self Forum?

The Wisest Self Forum is a monthly group coaching program for women leaders focused on building confidence, navigating career challenges, and accessing your inherent wisdom. Think of it as having your own personal board of directors - a supportive community of peers who understand your journey and can help you tap into your own wisest self.

How often do we meet and for how long?

We meet once monthly on the second Friday of each month from 12:00-2:00 p.m. EST via Zoom. The first session begins on May 8, 2025 at 12:00 p.m. EST. Session dates are as follows:

Wisest Self Forum Schedule (Second Fridays, 12:00-2:00pm EST)

1. Session 1: Friday, May 9, 2025
2. Session 2: Friday, June 13, 2025
3. Session 3: Friday, July 11, 2025
4. Session 4: Friday, August 8, 2025
5. Session 5: Friday, September 12, 2025
6. Session 6: Friday, October 10, 2025
7. Session 7: Friday, November 14, 2025
8. Session 8: Friday, December 12, 2025
9. Session 9: Friday, January 9, 2026
10. Session 10: Friday, February 13, 2026
11. Session 11: Friday, March 13, 2026
12. Session 12: Friday, April 10, 2026

How many participants are in each cohort?

We keep our groups intentionally small (10-12 participants maximum) to ensure meaningful connection and personalized attention.

What is your confidentiality policy?

We maintain strict confidentiality for all discussions within the Wisest Self Forum. All participants agree to keep information shared during sessions completely confidential. This creates a safe space for authentic sharing and vulnerable conversations. Violation of this confidentiality policy is grounds for immediate termination from the program without refund.



What happens during a typical session?

Each session includes guided discussion on leadership topics, peer coaching opportunities, practical tools and strategies, and time for personal reflection. Sessions are interactive and designed to address both planned curriculum and real-time challenges.

Is there work between sessions?

We recommend 1-2 hours of between-session practice to apply the concepts to your leadership. This typically includes implementing a specific tool, reflecting on your progress, and connecting with your accountability partner. These practices are designed to fit into your busy schedule and enhance your everyday leadership approach.

What is the format of each session?

Each monthly session follows a consistent format:

- Welcome & Check-in (15 minutes): Centering practice and progress updates
- Theme Exploration (45 minutes): Key concepts, frameworks, and practical applications
- Peer Coaching (30 minutes): Collaborative problem-solving on real leadership challenges
- Action Planning (20 minutes): Creating specific commitments with accountability
- Closing Reflections (10 minutes): Integration of insights and next steps

What topics are covered in the program?

The Wisest Self Forum follows a comprehensive curriculum organized in four quarterly themes:

- Quarter 1 (Foundations of Wisdom): Accessing your wisest self, values-aligned leadership, and your leadership story
- Quarter 2 (Building Confidence & Presence): Silencing the inner critic, executive presence, and strategic risk-taking
- Quarter 3 (Navigating Complexity): Difficult conversations, boundary setting, and organizational politics
- Quarter 4 (Sustainable Leadership): Work-life integration, building resilience, and leadership legacy

How flexible is the curriculum?

While we follow a thoughtfully designed curriculum, we adapt our focus based on the specific challenges facing forum members. Each cohort's journey is unique, with content tailored to address participants' most pressing leadership challenges.

INVESTMENT + COMMITMENT

What is the investment?

We offer flexible options:

- 6-Month Package: \$1,190 (\$198.33 per session)
- 12-Month Package: \$2,080 (\$173.33 per session)

Are there payment plans available?

Yes, we offer monthly payment options for both the 6-month and 12-month packages with a modest convenience fee. We can discuss these options during your alignment call.

What if I miss a session?

We understand that leaders have demanding schedules. If you miss a session, supporting materials will be provided to help you catch up. We recommend attending live sessions whenever possible for the full benefit of group interaction.

What's the refund policy?

We offer a satisfaction guarantee for your first session. If you attend the first session and feel the program isn't the right fit, you can request a refund within 7 days of that session (less a \$100 administrative fee). After this period, no refunds will be issued.

Is there a cancellation fee?

Yes. Due to the personalized nature of our program and limited cohort size, cancellations after registration are subject to a \$100 administrative fee. If you cancel at least 14 days before the program starts, you'll receive a full refund minus this fee. The same policy applies to companion coaching packages.

APPLICATION PROCESS

What happens after I submit my application?

Within 48 hours, you'll receive an email to schedule your 30-minute alignment call with Alli.

What is the "alignment call" and how should I prepare?

This is a two-way conversation where we both determine if there's a good fit. You'll have the opportunity to ask questions about the program, get to know me as your coach, and share your leadership journey. I'll explore your goals and what you hope to gain. No special preparation is needed - just come ready to have an open conversation about your leadership aspirations.

Is the program only for women in certain industries or roles?

No. The Wisest Self Forum welcomes women leaders from diverse industries, roles, and experience levels. This diversity enriches our conversations and learning.

PROGRAM BENEFITS

How is this different from other leadership development programs?

The Wisest Self Forum combines expert coaching, peer support, and a focus on accessing your inherent wisdom. Unlike broad development programs, we address the unique challenges faced by women leaders with both structure and flexibility.

What results can I expect?

Participants typically report greater leadership confidence, improved work-life integration, enhanced decision-making clarity, and a valuable network of supportive peers. Your specific results will depend on your goals and engagement.

What's included in the Founding Member Bonus?

The first 10 participants receive a complimentary Hogan EQ Assessment (\$150 value) and a personalized 30-minute debrief (\$150 value) to gain insights into your emotional intelligence competencies - a total value of \$300.

"When I dare to be powerful, to use my strength
in the service of my vision, then it becomes less
and less important whether I am afraid."

Audre Lorde

