



Navigation: A Gardener's Journey – Podcast Club Q&A

Exploring “The Waiting Room Revolution” Together



Is there a cost to join?

Yes. The cost is **\$79.99 per participant**.

This includes:

- Weekly **90-minute virtual sessions** for 10 weeks
- **One optional 1:1 coaching session (1 hour)** with Ginger during the Podcast Club period

How do I process payment?

Once you register, an invoice will be sent to you with payment options including e-transfer, credit card, or PayPal.

Will sessions be recorded?

To protect participant privacy and encourage open conversation, sessions will not be recorded.

What if I need to miss a session?

We understand life happens! While we encourage regular attendance to get the most

value, we will be sending out a summary and reflection questions after each session. Alternatively, you can also use your 1:1 coaching time to catch up.

Will this be offered again?

We hope so! If you're interested but can't join this round, feel free to reach out to express your interest in future offers.

Do I need to listen to the podcast prior to the sessions?

We recommend listening in advance to help guide our group discussions, but it's not required. You can still benefit from the reflections and shared insights in each session.

Do I need the book or workbook? Are they included in the registration?

This Podcast Club is based on FREE audio content, so a book or workbook is not required or included. Links will be provided weekly and no podcast subscription is required.

What kind of technology do I need?

You'll need a device with internet access and the ability to join Zoom calls (video optional but encouraged for connection!).

What other services does Nana's Navigator offer?

Great question! We provide personalized guidance and support for people navigating health, community, and social services. Learn more at:

 nanasnavigator.ca