



Frequently Asked Questions

1. What is She. Fully Alive.?

She. Fully Alive. is a women-centered integrated health and wellness organization focused on helping women nurture mental, physical, social, and spiritual well-being through transformational learning, courses, retreats, coaching, and community experiences.

2. What does “whole-person” or “integrated” health mean?

Integrated health recognizes that our well-being is interconnected. Mental, physical, social, and spiritual health influence one another. She. Fully Alive. approaches wellness through all four pillars rather than treating them as separate parts of life.

3. Are your courses faith-based?

Some offerings explore spirituality and faith, but participation does not require belonging to a specific religious tradition. She. Fully Alive. creates space for curiosity, reflection, healing, and personal meaning-making for women from diverse backgrounds and experiences.

4. I've experienced religious harm or spiritual wounds. Is this a safe space for me?

Yes. Many offerings are intentionally designed with compassion, reflection, and emotional safety in mind. Participants are never pressured to share beyond their comfort level, and questioning, uncertainty, and healing are welcomed.

5. What types of services does She. Fully Alive. offer?

Services may include:

- Online courses
- Workshops and retreats
- Wisdom circles and community gatherings
- Soul-centered coaching
- Integrative life review and legacy work
- Spiritual growth and reflective practices
- Whole-person wellness education





Frequently Asked Questions

1.6. Are your courses self-paced or live?

Some courses are self-paced and available online at any time, while others may include live cohorts, guided discussions, or community engagement opportunities.

7. Who are the courses designed for?

Most offerings are designed for women seeking greater wholeness, healing, growth, meaning, and intentional living—especially women navigating transition, burnout, grief, identity shifts, spiritual questions, or personal transformation.

8. Do I need prior experience with spirituality, mindfulness, or personal development?

No. Courses and gatherings are designed to meet people where they are. Beginners and experienced learners alike are welcome.

9. What is transformational learning?

Transformational learning is a process through which individuals critically reflect on their assumptions, experiences, and beliefs in ways that can lead to meaningful personal growth and new ways of understanding themselves and the world.

10. Are your programs therapy?

No. She. Fully Alive. provides educational, reflective, and wellness-oriented experiences. Services are not psychotherapy, psychiatric care, or medical treatment and should not replace licensed mental health or medical support when needed.

11. What topics do your courses explore?

Topics may include:

- Women's integrated health
- Burnout and stress
- Spiritual growth
- Grief and healing
- Nervous system regulation
- Mindfulness and reflection
- Faith and spirituality
- Self-awareness and personal transformation
- Community and belonging
- Nutrition and intentional living





Frequently Asked Questions

12. What are Wisdom Circles?

Wisdom Circles are guided community gatherings that encourage meaningful conversation, reflection, listening, and shared learning in a respectful and supportive environment.

13. What is soul-centered coaching?

Soul-centered coaching supports individuals in exploring purpose, identity, meaning, and personal growth through reflective dialogue and intentional practices.

14. What is integrative life review?

Integrative life review is a reflective process that helps individuals explore their life experiences, relationships, meaning, values, and legacy in ways that support healing, clarity, and wholeness.

15. Are your retreats only focused on spirituality?

No. Retreats may integrate emotional wellness, physical well-being, creativity, reflection, nervous system support, community connection, and restorative practices alongside spiritual exploration.

16. Do you offer community opportunities outside of courses?

Yes. She. Fully Alive. may host circles, workshops, wellness gatherings, online discussions, reflective events, and other opportunities for connection and learning.

17. Can I participate if I'm overwhelmed, burned out, or in a season of transition?

Absolutely. Many women seek supportive spaces precisely because they are navigating change, exhaustion, grief, uncertainty, or personal rediscovery.

18. Is scientific research incorporated into the courses?

Yes. Many offerings integrate research from areas such as transformative learning, psychoneuroimmunology, stress and resilience, nervous system regulation, spirituality and well-being, women's health, and behavior change.





Frequently Asked Questions

19. Are the courses focused only on information or also on practical application?

Courses are designed to support both learning and lived integration. Many offerings include reflective exercises, journaling, practices, discussion prompts, wellness tools, and action-oriented applications.

20. How do I register for courses or events?

Course and event registration information can be found on the [She. Fully Alive. website](#) and associated course pages.

21. Will I be asked to share personal experiences?

Sharing is always optional. Participants are encouraged to honor their own boundaries and engage at a level that feels supportive and safe.

22. Is She. Fully Alive. appropriate for women in midlife or menopause transitions?

Yes. Many offerings acknowledge the unique emotional, physical, spiritual, and identity-related transitions women experience across the lifespan, including midlife and menopause.

23. What makes She. Fully Alive. different from other wellness programs?

She. Fully Alive. integrates evidence-informed wellness education with reflection, meaning-making, compassionate community, and transformational learning in a way that honors the full complexity of women's lived experiences.

24. Can organizations, churches, or groups partner with She. Fully Alive.?

Potentially, yes. Workshops, speaking engagements, retreats, and collaborative experiences may be available for organizations and communities aligned with the mission and values of She. Fully Alive.

25. How can I stay connected?

You can stay connected through the [She. Fully Alive. website](#), social media channels, newsletters, course updates, and community events.

