WHOLESOME ALCHEMY

The Art of Sacred Facilitation

Founding Cohort Application

Thank you for answering the call. The Art of Sacred Facilitation is a 12-month journey for a small circle of people ready to hold safe, sacred space and lead their own transformational retreats. This application helps us both see whether this is the right container for you, right now. This journey is for those who are **ALL IN**.

There are no right answers. Write from the heart, as much or as little as feels true. It takes about 20 to 30 minutes.

How to apply

Reply to my email with your answers, numbered 1 to 33 to match the questions below. For Part 6, write I agree to all of the agreements in Part 6, followed by your full name and the date. Send your application to **courtney@wholesomealchemy.com**, or apply through the website.

What happens next

I read every application personally and will reply within 5 days. If we're aligned, you'll receive your invitation, your legal enrollment contract, and a link to claim your spot with a non-refundable $500 deposit. Founding cohort applications close **December 31**.

With love,
Courtney

PART 1

About you

1. Full name
2. Email
3. Phone number
4. City and country

5. Time zone (our live calls are on video)
6. Website or social media, if you'd like to share
7. How did you find your way to this program? (a past retreat, a class, a friend, social media, other)

PART 2

Your path

8. Tell me a little about your life right now: your work, your days, what fills your time.
9. Which practices are part of your life? (yoga, meditation, breathwork, ceremony, tea, movement, energy work, other) How long have you practiced them?
10. List any trainings or certifications you've completed, in any field.
11. Have you been on a retreat before? If so, which ones, and what did you experience?
12. Have you ever guided or held space for others? This can be formal (classes, workshops, circles, coaching) or informal (the friend everyone calls). Describe it.
13. What do people tend to come to you for?

PART 3

Your calling

14. Why do you feel called to lead retreats and hold sacred space?
15. Why now? What is happening in your life that makes this the moment?
16. Who do you feel called to serve?
17. Describe the retreat you dream of offering, even if it's only a feeling right now. Where is it, and how do people leave changed?
18. What do you believe is the most important responsibility of someone who holds space for others?
19. What do you hope to receive from this year, for yourself and for your work?
20. What feels like the biggest thing standing between you and leading your first retreat?

PART 4

Readiness and commitment

The program includes four live video calls a month (teaching, Q&A, alignment and practice), one 4-day in-person intensive, and your own retreat design work between calls. Your 12 months begin on your start date.

21. When would you like to begin?
22. Can you commit to attending most live calls, or watching the recordings when you can't? How many hours a week can you dedicate to this work?
23. Are you able to travel to attend the 4-day in-person intensive?
24. The founding investment is $12,000 (rising to $15,000 after December 31), with a non-refundable $500 deposit to claim your spot. Are you ready to make this investment in yourself?
25. How would you like to pay?
    - In full
    - A payment plan
    - I'd like to talk through payment options
26. On a scale of 1 to 10, how ready do you feel to say yes to this year? What would make it a 10?

PART 5

Your wellbeing

This year is personal development as much as skills training, and deep material can surface. These questions help me hold you well. Your answers stay confidential, and you only share what feels right.

27. How would you describe where you are in your life right now, emotionally and energetically?
28. Who supports you? (a therapist, coach, mentor, community, partner, friends)
29. Is there anything going on in your life right now that might affect your capacity to fully participate this year?
30. Is there anything about your physical or emotional health, accessibility or dietary needs you'd like me to know, so I can support you, especially at the in-person intensive? (optional)
31. Emergency contact for the in-person intensive: name, relationship and phone number.

PART 6

Agreements

Please read each one. In your reply, confirm that you agree to all of them.

- ☐ I understand this is a 12-month commitment that begins on my start date.
- ☐ I understand this program is education and mentorship, not therapy or medical care. I'm responsible for my own wellbeing and for seeking professional support when I need it.
- ☐ I understand the $500 deposit claims my spot and is non-refundable, and that if I'm accepted I'll sign a legal enrollment contract.
- ☐ I understand that once I enroll, this is a year-long commitment and the program is non-refundable.
- ☐ I understand that travel, lodging and meals for the in-person intensive are my responsibility, except for lunch, which is provided each day.
- ☐ I will keep what others share in our circle confidential.
- ☐ I understand that my results, including filling my own retreats and any income I earn, depend on my own effort and are not guaranteed.
- ☐ I confirm that everything I've shared in this application is true.

32. Is there anything else you'd like me to know?

33. Signature: type your full name and the date.