



Metamorphosis Dates

October 21 - February 2

OFF the week of November 25- December 1st

OFF the weeks of December 23-January 5th

Call Days & Times

Monday-Saturday: 10am-11:30am US PST

Call Duration

- All call times are **90 min** long.
 - Sometimes calls might go longer yet no one is required to stay past 90 min, we only go longer if people have more questions than time allots for as we do our best to create space for everyone to be heard
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Standards/Requirements

- Everyone must stay for the entirety of the 90 min
 - We do not allow coming on for partial calls (leaving early) or even being 1 second late.
 - Must be present in a quiet environment when on zoom - no driving, sitting in cars or in public places with distractions
 - No eating or note taking. We ask you to imagine being a surgeon in surgery or being at your wedding day or being on the soccer field chasing the ball. You're FULLY present and receiving the transmission. Any notes you want to take can then be done through rewatching the recording if you so desire.
 - This keeps the safety and structure in tact in order to create the highest level of safety and depth we can take people. This creates MASSIVE impact
 - You are required to attend at least 2 calls a week with at least 1 of those calls being a Topic Call
 - Watch all 3 topic calls per week (if you did not attend the live ones)
 - Complete the 3 written posts per week
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Call Themes

Monday: Topic Call + written assignment to follow

Tuesday: Workshop

Wednesday: Topic Call + written assignment to follow

Thursday: QA

Friday: Topic Call + written assignment to follow

Saturday: Workshop

Sunday: Off

Time Allocation

We found that the total time per week, on average, that people invested in our last round was 10hrs per week (1hr 25min per day over a week period).

Example of how watching topic call recordings + written assignments is due each week:

For example, we start on October 21. By October 27, we will have had 3 topic calls and 3 written assignments. By the following Saturday, November 2, at 9 PM US EST, you'll need to have watched any missed recordings and submitted all 3 written assignments. In short, each week's topic calls and written assignments are due the following Saturday by 9 PM US EST.