

4 WEEKS TO **ACTIVATE YOUR AUTHENTIC SELF**

What is the schedule for the live Q&A calls?

The Q&A calls take each Thursday at 10:30am EST / 7:30am PST.

As part of your program, you are invited to four Q&A calls.

On these calls, Tara will address the questions from the group from that week. Some questions will be taken during the live calls as well.

Where will the live Q&A calls take place?

The live Q&A calls take place inside of your Facebook group.

You will receive email reminders each week for the calls.

Are the Q&A calls recorded?

We encourage you to attend the Q&A calls live as much as possible. However, if you are not able to do so, the Q&A call recording will be sent to you via email within 24 hours of the call.

Can I send my questions for Tara in advance?

Yes! Please use [this form](#) to send in your question a minimum of 24 hours before the call. If you send in your question later than that, we cannot promise that Tara will be able to address it on the call.

What is the Facebook link for our private group?

You can find your private Facebook group here:

<https://www.facebook.com/groups/4WeeksToActivate>

When are the Training Materials released?

The Training Materials are released twice a week (for a total of 8 lessons). The actual delivery date will depend on what date you signed up for and started the program. You will receive an email when a new lesson is available.

How do I access the Training Materials?

All of the Training Materials will live in your Membership Site. Please refer to your Welcome Email that contains your login information. Your login information will also be in each Training Material release email.