



## Frequently Asked Questions

### Life Camp

#### **Who are the coaches?**

Matt, Jaime, and Scott are all certified professional coaches. Each graduated from the Institute of Professional Excellence in Coaching (iPEC), one of America's leading coaching institutions. iPEC is recognized by the [International Coach Federation](#), the accrediting body for certified coaching programs, and comprised of a consortium of coaches that maintain the integrity of the profession. The Velocity team members have amazingly rich and varied backgrounds (at least we think we do!). [Click here](#) to read more about each coach.

#### **What are the hours for the Life Camp?**

We'll get started on Friday evening at 8pm with a dessert and wine reception. If you want to check in early, we'll be at the hotel starting at 3pm to greet you. You'll have plenty of time to check in, grab dinner locally and come back for the reception.

We start Saturday morning with a breakfast from 8:00-8:45am and the program itself begins at 9:00am. On Saturday, we'll have multiple breaks throughout the morning, and break for lunch at 1pm (we'll eat together in small groups). After lunch, you are free for the afternoon – sign up for any of the great in-room spa offerings, join a group to shop, sightsee or just go back to your room to take a luxurious nap. On Saturday evening at around 7pm we'll meet up for dinner as a group.

Sunday, we'll begin again with breakfast starting at 8:00am. The retreat program will begin at 9:00am with breaks throughout the morning. We'll break at noon for lunch, again in small groups. We'll come back together at 1:30 for our final programming and finish up with a celebration at 3:30pm.

#### **Where are the locations?**

Our 2012 Life Camps are located in scenic American towns in Virginia and Maryland. If you would love to make our event, but D.C. is too far away – tell us! We'd love to add new locations and are also available to host private Life Camp weekends for small groups in your area.

#### **What happens at Life Camp?**

We focus on *releasing* what is not working for you and *reveal* who you are and where you want to go. It's that simple, and that powerful. [Click here](#) for testimonials from participants in past Life Camps.

### **What is the cancellation policy?**

If something comes up, or you change your mind, just give us two week's notice before the beginning of the Life Camp you signed up for and you will get a 100% refund. If it's within two weeks, we'll happily transfer your payment into the next Life Camp you are able to attend. You can even "gift" your spot to a friend.

### **What if I need to reschedule before Life Camp begins?**

No problem, just let us know and we will place you into a future group that fits your schedule.

### **How might my life change after Life Camp?**

We are not self-help gurus with magic solutions. We are certified professional life coaches who have designed an immersion program that will create transformative, sustainable change for all who are thoughtful, motivated, and inspired enough to join us. If you want to create change you have to practice change, and we help you to jump-start the powerful coaching process. This program is fun and innovative, but we are not able to guarantee change. That's up to you! [Click here](#) for testimonials from participants in past Life Camps.

### **What kind of support will I receive after Life Camp?**

- One FREE one-to-one coaching session with a Velocity coach within one month of Life Camp.
- Social Connections via private Facebook groups, email distribution lists, shared documents, and other tools that will keep the momentum going;
- A group of committed participants who value your sustainable success;
- The support of committed, certified, professional coaches with a variety of skill sets and experiences;
- Lifetime access to another Life Camp (with availability)

### **What's included in the price for Life Camp?**

The price includes two nights hotel stay, cocktails and dessert on Friday evening, and all meals from Saturday morning to Sunday afternoon. The price also includes all of the post-program benefits listed above.

### **What if I am interested in just one-to-one coaching?**

Please contact Scott Sullivan to discuss your options. [Click here](#) to read more about Scott, or [click here](#) to email Scott directly.

### **What payment options and discounts do you offer for the first immersion weekend?**

The typical payment program is \$1,195 (single occupancy) – you pay \$150 up front, and the balance due two weeks prior to your weekend. Of course, you can always pay the full program fee up front. Remember, if you aren't able to attend after you've paid a deposit or the full program, we'll refund your money with advanced notice or transfer you at no cost to a future program.

Need more payment flexibility than this? Contact us and we'll work out a monthly payment plan that fits your budget.