

July

2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------------------------|--------------------------|-----------------------------------|----------|-----------------------------|----------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 Co-writing 11am | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 Co-writing 11am | 14 | 15 GUEST MASTERCLASS 1pm | 16 | 17 | 18 |
| 19 | 20 | 21 Co-writing 11am | 22 | 23 | 24 | 25 |
| 26 | 27 Co-writing 11am | 28 | 29 | 30 | 31 Group coaching 2pm | |

TO DO LIST:

NOTES:

Guest Masterclass with Paula Burns:
Creatively Resilient
Please have some paper and coloured
pencils or pens for this workshop

August

2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------------------------|--------------------------|-------------------------------------|----------|-----------------------------|----------|
| | | | | | | 1 |
| 2 | 3 | 4 Co-writing 11am | 5 | 6 | 7 | 8 |
| 9 | 10 Co-writing 11am | 11 | 12 Coffee chat & check-in 1pm | 13 | 14 | 15 |
| 16 | 17 Co-writing 11am | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 Co-writing 11am | 26 | 27 | 28 Group coaching 2pm | 29 |
| 30 | 31 | | | | | |

TO DO LIST:

NOTES:

Reset: 31 day challenge

Throughout August you will receive a daily prompt, video, or challenge focused on nervous system regulation & wellbeing

Coffee chat & check-in on 12th 1pm is an opportunity to check-in, share wins and ask questions about the challenge

September

2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------------------------|--------------------------|-----------------------------------|----------|-----------------------------|----------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 Co-writing 11am | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 Co-writing 11am | 16 GUEST MASTERCLASS 1pm | 17 | 18 | 19 |
| 20 | 21 Co-writing 11am | 22 | 23 | 24 | 25 Group coaching 2pm | 26 |
| 27 | 28 Co-writing 11am | 29 | 30 | | | |

TO DO LIST:

NOTES:

Linda Lazzaroni-Egan is back with us this month for a workshop on managing workplace relationships
