



Heroic Hearts Project (HHP) Coaching Overview

Individual Preparation and Integration Coaching

HHP Integration Coaches are Veterans who have completed a HHP retreat program as well as the Being True to You or a similar psychedelic integration coaching certification.

You will be receiving a separate introductory email from your individual Integration Coach in the coming days (check your Spam/Junk folder). This email is paired with a text message from them, inviting your response and a chance to schedule your first of three individual program preparation coaching sessions. It is **Your** responsibility to ensure you complete all **Six** of your preparation (pre) and integration (post) individual coaching sessions, which are mandatory.

If for any reason you decide that you are not aligned with your assigned individual Integration Coach, please reach out to the Coach Team leader for your program (details found on your welcome email).

Coaching Overview

Preparation Phase:

- 3 *individual* preparation coaching sessions between program participants and their assigned HHP Integration Coach.
- 3 *group* preparation calls, led by the HHP Veteran Peer Support Facilitator.

Retreat Phase:

- Veterans participate in a vetted plant medicine retreat with associated programming.
- HHP Facilitator supports participants throughout the program retreat.

Integration Phase:

- 3 *individual* integration coaching sessions between program participants and their assigned HHP Integration Coach. *Note: please have your first integration call (post-retreat) already scheduled prior to departing for your program retreat.
- 3 *group* integration calls, led by the HHP Facilitator.

Future Phase:

- Following completion of the group and individual integration coaching sessions, program participants are invited to take part in monthly virtual HHP alumni group coaching sessions. These monthly sessions occur on **the first Wednesday of each month from 4-5:30 pm PST/ 7-8:30 pm EST**, and are led by Senior HHP coaches and facilitators.