

PACK IS NEAR

How does it work?

NOW

Sign up for the mailing list

We will share information about upcoming meeting dates. We currently can offer 1 monthly meeting starting September '25.

2 WEEKS PRIOR

Sign up opens via an emailed form.

The sign up works on a first come first serve basis. To ease sharing and confidentiality, meetings are limited to 6 participants, with only one skater per league. We will confirm your participation within 7 days after sign up opens.

24H PRIOR

Let us know if you cannot attend,

so we can offer the spot to another person. We understand that life sometimes gets in the way and unplanned things happen. If you could not join the meeting, please drop us a line afterwards to let us know that you are OK.

30MIN PRIOR

A link for a video call will be shared

Intro and check in (15min)

We share our energy and mental levels of the day. We choose one or two discussion topics

AT THE MEETING

Open discussion (1h)

Everyone is welcome to share their experience with the topic, while respecting the chart of conduct.

Closing thoughts and check out (15mins)

We share changes in our emotional and mental state, and a thought that we are taking home from the discussion.

AFTERWARDS

We will appreciate your feedback.

Feel free to drop us an email. There is no obligation to sign up for future meetings, although you are welcome to do so.