



12-week Calendar

Cohort: Autumn 2025

Here is a reminder of your key dates for the Amplify programme: Autumn 2025 cohort with Julia Forster.

To access live sessions, please head to the Amplify Live Sessions space in Circle. Content for the non-live sessions as well as watch-back recordings for all live sessions will be released on the below dates in the Amplify Content space.

All live group coaching sessions take place 7.00-8.30pm (UK) via Circle

24th Sept 7pm GOALS (Live)

1st Oct VALUES

8th Oct 7pm MOTIVATION (Live)

15th Oct INSPIRATION

22nd Oct 7pm MANIFESTO (Live)

29th Oct GOALS REVIEW

5th Nov 7pm REFLECTIVE PRACTICE (Live)

12th Nov MINDSET

19th Nov 7pm PROBLEM SOLVING (Live)

26th Nov REST AS RADICAL ACT

3rd Dec 7pm WRITER LED SESSION (Live)

10th Dec 7pm COMMITMENT (Live)

Throughout the programme you are invited and encouraged to share your insights, and any outcomes from the practical exercises, on Circle. Your fellow writers are here to support you! We very much look forward to working with you over these 12 weeks together on Amplify.