



# The Personal Development School: Webinar & Support Groups Schedule

## April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	<p><b>01</b></p> <p>Sharing Circle 1:00 PM ET</p> <p>Dismissive Avoidant &amp; Healthy Boundaries 3:00 PM ET</p>	<p><b>02</b></p> <p>Emotional Resilience 11:00 AM ET</p> <p>Anxious Attachment &amp; Healthy Boundaries 8:00 PM ET</p>	<p><b>03</b></p> <p>Fearful Avoidant &amp; Healthy Boundaries 12:00 PM ET</p> <p>Mastering Communication 4:00 PM ET</p>	<p><b>04</b></p> <p>Emotional Resilience 4:00 PM ET</p> <p>Get Your Personal Questions Answered by Thais 7:30 PM ET</p>	<p><b>05</b></p> <p>Self love and Belief Reprogramming 10:00 AM ET</p> <p>Communication Practice Session with Thais 12:00 PM ET</p>	<p><b>06</b></p> <p>Individuation &amp; Relationship Healing + Q&amp;A 2:00 PM ET - 4:00 PM ET</p>
07	<p><b>08</b></p> <p>Sharing Circle 1:00 PM ET</p> <p>Healing Self-Sabotage as A Dismissive Avoidant 3:00 PM ET</p>	<p><b>09</b></p> <p>Emotional Resilience 11:00 AM ET</p> <p>Healing Self-Sabotage as An Anxious Attachment 8:00 PM ET</p>	<p><b>10</b></p> <p>Healing Self-Sabotage As A Fearful Avoidant 12:00 PM ET</p> <p>Mastering Communication 4:00 PM ET</p>	<p><b>11</b></p> <p>Emotional Resilience 4:00 PM ET</p> <p>Get Your Personal Questions Answered by Thais 7:30 PM ET</p>	<p><b>12</b></p> <p>Self love and Belief Reprogramming 10:00 AM ET</p> <p>How to Heal from A Break-Up 12:00 PM ET</p>	<p><b>13</b></p> <p>Overcome Chronic Rumination 2:00 PM ET - 4:00 PM ET</p>
14	<p><b>15</b></p> <p>Sharing Circle 1:00 PM ET</p> <p>Healthy Relationship Expectations for Dismissive Avoidants 3:00 PM ET</p>	<p><b>16</b></p> <p>Emotional Resilience 11:00 AM ET</p> <p>PDS Feedback Webinar 2:00 PM ET</p> <p>Healthy Relationship Expectations for Anxious Attachment 8:00 PM ET</p>	<p><b>17</b></p> <p>Healthy Relationship Expectations for Fearful Avoidants 12:00 PM ET</p> <p>Mastering Communication 4:00 PM ET</p>	<p><b>18</b></p> <p>Emotional Resilience 4:00 PM ET</p> <p>Get Your Personal Questions Answered by Thais 7:30 PM ET</p>	<p><b>19</b></p> <p>Self love and Belief Reprogramming 10:00 AM ET</p> <p>Healing Relationship Rumination 12:00 PM ET</p>	<p><b>20</b></p> <p>Shadow Work for Relationship Healing 2:00 PM ET - 4:00 PM ET</p>
21	<p><b>22</b></p> <p>Sharing Circle 1:00 PM ET</p> <p>Healing Toxic Dating Stories as A Dismissive Avoidant 3:00 PM ET</p>	<p><b>23</b></p> <p>Emotional Resilience 11:00 AM ET</p> <p>Healing Toxic Dating Stories As An Anxious Attachment 8:00 PM ET</p>	<p><b>24</b></p> <p>Healing Toxic Dating Stories As A Fearful Avoidant 12:00 PM ET</p> <p>Mastering Communication 4:00 PM ET</p>	<p><b>25</b></p> <p>Emotional Resilience 4:00 PM ET</p> <p>Get Your Personal Questions Answered by Thais 7:30 PM ET</p>	<p><b>26</b></p> <p>Self love and Belief Reprogramming 10:00 AM ET</p> <p>Reconnecting with a Dismissive Avoidant 12:00 PM ET</p>	<p><b>27</b></p> <p>Reconnecting with a Fearful Avoidant + Q&amp;A 2:00 PM ET - 4:00 PM ET</p>
28	<p><b>29</b></p> <p>Sharing Circle 1:00 PM ET</p> <p>Transforming Limiting Beliefs As A Dismissive Avoidant 3:00 PM ET</p>	<p><b>30</b></p> <p>Emotional Resilience 11:00 AM ET</p> <p>Transforming Limiting Beliefs As An Anxious Attachment 8:00 PM ET</p>				

■ Webinars   ■ Support Groups

Attending live webinars will enable you to better understand the course content, connect with others in the community and ask any personal questions you may have. Attending the webinars is highly recommended and will facilitate your personal growth.