



The Personal Development School: Webinar & Support Groups Schedule

August 2025

SUN	MON	TUE	WED	THU	FRI	SAT
					01 Self love and Belief Reprogramming 10:00 AM ET Reparenting Your Child's Wounds 12:00 PM ET	02 Boundaries, Enmeshment & Codependency Healing 2:00 PM ET - 4:00 PM ET
03	04 Holiday	05 Course Work Support 4:30 PM ET Dating Q&A About Anxious Preoccupied 6:00 PM ET	06 Dating Q&A About Fearful Avoidants 12:00 PM ET Mastering Communication 4:00 PM ET	07 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	08 Self love and Belief Reprogramming 10:00 AM ET Dating a Dismissive Avoidant: Must-Knows 12:00 PM ET	09 Healing Your Relationship Shadow to Create Authentic Connections 2:00 PM ET - 4:00 PM ET
10	11 Sharing Circle 1:00 PM ET Healing Chronic Shame as a Dismissive Avoidant 3:00 PM ET	12 Course Work Support 4:30 PM ET Healing Relationship Anxiety as an Anxious Attachment 6:00 PM ET	13 Healing Chronic Guilt & Shame as a Fearful Avoidant 12:00 PM ET Mastering Communication 4:00 PM ET	14 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	15 Self love and Belief Reprogramming 10:00 AM ET How to Thrive in the Dating Stage of Relationships 12:00 PM ET	16 5 Major Subconscious Reprogramming Tools to Rewire Your Attachment Style 2:00 PM ET - 4:00 PM ET
17	18 Sharing Circle 1:00 PM ET Healthy Attraction Vs. Limerence (As a Dismissive Avoidant) 3:00 PM ET	19 Course Work Support 4:30 PM ET Healthy Attraction Vs. Limerence (As an Anxious Preoccupied) 6:00 PM ET	20 Healthy Attraction Vs. Limerence (As a Fearful Avoidant) 12:00 PM ET Mastering Communication 4:00 PM ET	21 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	22 Self love and Belief Reprogramming 10:00 AM ET Reparenting Your Inner Child 12:00 PM ET	23 How to Repair Any Relationship with a Different Attachment Style 2:00 PM ET - 4:00 PM ET
24	25 Sharing Circle 1:00 PM ET Addressing Triggers with Emotional Processing (Dismissive Avoidant) 3:00 PM ET	26 Course Work Support 4:30 PM ET Addressing Triggers with Emotional Processing (Anxious Preoccupied) 6:00 PM ET	27 Addressing Triggers with Emotional Processing (Fearful Avoidant) 12:00 PM ET Mastering Communication 4:00 PM ET	28 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Ben 2:00 PM ET	29 Self love and Belief Reprogramming 10:00 AM ET	30 Holiday Social for Labour Day Long Weekend 2:00 PM ET - 4:00 PM ET

■ 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.