



# The Personal Development School: Webinar & Support Groups Schedule

## February 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>01</b> How to Release Resentment & Truly Forgive + Q&A 2:00 PM ET - 4:00 PM ET
<b>02</b>	<b>03</b> Sharing Circle 1:00 PM ET  Healthy Communication with A Dismissive Avoidant 3:00 PM ET	<b>04</b> Course Work Support 4:30 PM ET  Healthy Communication with An Anxious Preoccupied 6:00 PM ET	<b>05</b> Healthy Communication with A Fearful Avoidant 12:00 PM ET  Mastering Communication 4:00 PM ET	<b>06</b> Emotional Resilience 4:00 PM ET  Get Your Personal Questions Answered by Thais 2:00 PM ET	<b>07</b> Self love and Belief Reprogramming 10:00 AM ET  Healing the Mother & Father Wounds 12:00 PM ET	<b>08</b> Overcoming Loneliness & Social Anxiety + Q&A 2:00 PM ET - 4:00 PM ET
<b>09</b>	<b>10</b> Sharing Circle 1:00 PM ET  Healthy Boundaries & Compromise for A Dismissive Avoidant 3:00 PM ET	<b>11</b> Course Work Support 4:30 PM ET  Learning Healthy Boundaries As An Anxious Preoccupied 6:00 PM ET	<b>12</b> Learning Healthy Boundaries As A Fearful Avoidant 12:00 PM ET  Mastering Communication 4:00 PM ET	<b>13</b> Emotional Resilience 4:00 PM ET  Get Your Personal Questions Answered by Thais 2:00 PM ET	<b>14</b> Self love and Belief Reprogramming 10:00 AM ET  Core Wounds Healing: I am unworthy, unlovable, not enough 12:00 PM ET	<b>15</b> Core Wound Healing: I am Unsafe + Q&A 2:00 PM ET - 4:00 PM ET
<b>16</b>	<b>17</b> Holiday	<b>18</b> Course Work Support 4:30 PM ET  Reprogram Anxious Preoccupied Core Wounds 6:00 PM ET	<b>19</b> Reprogram Fearful Avoidant Core Wounds 12:00 PM ET  Mastering Communication 4:00 PM ET	<b>20</b> Emotional Resilience 4:00 PM ET  Get Your Personal Questions Answered by Thais 2:00 PM ET	<b>21</b> Self love and Belief Reprogramming 10:00 AM ET  Healing the Relationship Shadow for Improved Connections 12:00 PM ET	<b>22</b> Reparenting Webinar to Heal Attachment Wounds + Q&A 2:00 PM ET - 4:00 PM ET
<b>23</b>	<b>24</b> Sharing Circle 1:00 PM ET  Dating A Dismissive Avoidant Open Q&A 3:00 PM ET	<b>25</b> Course Work Support 4:30 PM ET  Dating An Anxious Preoccupied Open Q&A 6:00 PM ET	<b>26</b> Dating A Fearful Avoidant Open Q&A 12:00 PM ET  Mastering Communication 4:00 PM ET	<b>27</b> Emotional Resilience 4:00 PM ET  Get Your Personal Questions Answered by Thais 2:00 PM ET	<b>28</b> Self love and Belief Reprogramming 10:00 AM ET  Master Abundance Using Your Subconscious Mind 12:00 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.