



The Personal Development School: Webinar & Support Groups Schedule

July 2024

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------|---|---|---|--|--|--|
| | 01 Holiday | 02 Office Hours with Joanna 11:00 AM ET How to Communicate to Your AP Partner When They're Triggered 8:00 PM ET | 03 How to Communicate to Your FA Partner When They're Triggered 12:00 PM ET Mastering Communication 4:00 PM ET | 04 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 7:30 PM ET | 05 Self love and Belief Reprogramming 10:00 AM ET The Fearful Avoidant & Dismissive Avoidant Relationship (How to Thrive) 12:00 PM ET | 06 Break Codependency As A Fearful Avoidant or Anxious Attachment + Q&A 2:00 PM ET - 4:00 PM ET |
| 07 | 08 Sharing Circle 1:00 PM ET How to Regulate Your Nervous System As A Dismissive Avoidant Style 3:00 PM ET | 09 Office Hours with Joanna 11:00 AM ET How to Regulate Your Nervous System As An Anxious Attachment Style 8:00 PM ET | 10 How to Regulate Your Nervous System As A Fearful Avoidant Attachment Style 12:00 PM ET Mastering Communication 4:00 PM ET | 11 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 7:30 PM ET | 12 Self love and Belief Reprogramming 10:00 AM ET The Anxious Attachment & Fearful Avoidant Relationship (How to Thrive) 12:00 PM ET | 13 Break Counterdependency As An Avoidant + Q&A 2:00 PM ET - 4:00 PM ET |
| 14 | 15 Sharing Circle 1:00 PM ET THESE Are the Unhealthy Dating Expectations to Work Through As An DA 3:00 PM ET | 16 Office Hours with Joanna 11:00 AM ET THESE Are the Unhealthy Dating Expectations to Work Through As A AP 8:00 PM ET | 17 THESE Are the Unhealthy Dating Expectations to Work Through As An FA 12:00 PM ET Mastering Communication 4:00 PM ET | 18 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 7:30 PM ET | 19 Self love and Belief Reprogramming 10:00 AM ET The Anxious Attachment & Dismissive Avoidant Relationship (How to Thrive) 12:00 PM ET | 20 How to Repair Self-Trust + Q&A 2:00 PM ET - 4:00 PM ET |
| 21 | 22 Sharing Circle 1:00 PM ET The Early Childhood of A Dismissive Avoidant 3:00 PM ET | 23 Office Hours with Joanna 11:00 AM ET The Early Childhood of An Anxious Attachment Style 8:00 PM ET | 24 The Early Childhood of An Anxious Attachment Style 12:00 PM ET Mastering Communication 4:00 PM ET | 25 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 7:30 PM ET | 26 Self love and Belief Reprogramming 10:00 AM ET Healing From A Controlling Childhood (Cult Trauma, Cluster B Family Trauma) + Q&A 12:00 PM ET | 27 What Each Attachment Style Can Expect As They Become Secure + Q&A 2:00 PM ET - 4:00 PM ET |
| 28 | 29 Sharing Circle 1:00 PM ET Overcoming Chronic Guilt and Shame as A Dismissive Avoidant 3:00 PM ET | 30 Office Hours with Joanna 11:00 AM ET Overcoming Chronic Guilt and Shame as An Anxious Attachment 8:00 PM ET | 31 Overcoming Chronic Guilt and Shame as A Fearful Avoidant 12:00 PM ET Mastering Communication 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.