



# The Personal Development School: Webinar & Support Groups Schedule

## July 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>01</b> Course Work Support 4:30 PM ET  Rewire Unhealthy Behaviors As An Anxious Attachment 6:00 PM ET	<b>02</b> Rewire Unhealthy Behaviors as a Fearful Avoidant 12:00 PM ET  Mastering Communication 4:00 PM ET	<b>03</b> Emotional Resilience 4:00 PM ET  Get Your Personal Questions Answered by Thais 2:00 PM ET	<b>04</b> Holiday	<b>05</b> Long Weekend Social Event 2:00 PM ET - 4:00 PM ET
<b>06</b>	<b>07</b> Sharing Circle 1:00 PM ET  Dismissive Avoidant & Healthy Boundaries 3:00 PM ET	<b>08</b> Course Work Support 4:30 PM ET  Anxious Attachment & Healthy Boundaries 6:00 PM ET	<b>09</b> Fearful Avoidant & Healthy Boundaries 12:00 PM ET  Mastering Communication 4:00 PM ET	<b>10</b> Emotional Resilience 4:00 PM ET  Get Your Personal Questions Answered by Thais 2:00 PM ET	<b>11</b> Self love and Belief Reprogramming 10:00 AM ET  Learn To Communicate Through Conflict 12:00 PM ET	<b>12</b> Individuation & Relationship Healing + Q&A 2:00 PM ET - 4:00 PM ET
<b>13</b>	<b>14</b> Sharing Circle 1:00 PM ET  Healing Self-Sabotage as A Dismissive Avoidant 3:00 PM ET	<b>15</b> Course Work Support 4:30 PM ET  Healing Self-Sabotage as An Anxious Attachment 6:00 PM ET	<b>16</b> Healing Self-Sabotage As A Fearful Avoidant 12:00 PM ET  Mastering Communication 4:00 PM ET	<b>17</b> Emotional Resilience 4:00 PM ET  Get Your Personal Questions Answered by Thais 2:00 PM ET	<b>18</b> Self love and Belief Reprogramming 10:00 AM ET  Breathwork with Gio Webinar 12:00 PM ET	<b>19</b> Overcome Chronic Relationship Rumination (ROCD) + Q&A 2:00 PM ET - 4:00 PM ET
<b>20</b>	<b>21</b> Sharing Circle 1:00 PM ET  Healthy Relationship Expectations for Dismissive Avoidants 3:00 PM ET	<b>22</b> Course Work Support 4:30 PM ET  Healthy Relationship Expectations for Anxious Attachment 6:00 PM ET	<b>23</b> Healthy Relationship Expectations for Fearful Avoidants 12:00 PM ET  Mastering Communication 4:00 PM ET	<b>24</b> Emotional Resilience 4:00 PM ET  Get Your Personal Questions Answered by Thais 2:00 PM ET	<b>25</b> Self love and Belief Reprogramming 10:00 AM ET  How to Heal from A Break-Up or Relationship Ending 12:00 PM ET	<b>26</b> Shadow Work for Relationship Healing 2:00 PM ET - 4:00 PM ET
<b>27</b>	<b>28</b> Sharing Circle 1:00 PM ET  Healing Toxic Dating Stories as A Dismissive Avoidant 3:00 PM ET	<b>29</b> Course Work Support 4:30 PM ET  Healing Toxic Dating Stories As An Anxious Attachment 6:00 PM ET	<b>30</b> Healing Toxic Dating Stories As A Fearful Avoidant 12:00 PM ET  Mastering Communication 4:00 PM ET	<b>31</b> Emotional Resilience 4:00 PM ET  Get Your Personal Questions Answered by Ben 2:00 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.