



The Personal Development School: Webinar & Support Groups Schedule

June 2025

SUN	MON	TUE	WED	THU	FRI	SAT
01	02 Sharing Circle 1:00 PM ET Create Healthy Nervous System Regulation Techniques As A Dismissive Avoidant 3:00 PM ET	03 Course Work Support 4:30 PM ET Create Healthy Nervous System Regulation Techniques As An Anxious Attachment 6:00 PM ET	04 Create Healthy Nervous System Regulation Techniques As A Fearful Avoidant 12:00 PM ET Mastering Communication 4:00 PM ET	05 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	06 Self love and Belief Reprogramming 10:00 AM ET Program Your Subconscious Mind for Career Success 12:00 PM ET	07 The Dark Triad (Red Flags of Dysfunctional Relationships) + Q&A 2:00 PM ET - 4:00 PM ET
08	09 Sharing Circle 1:00 PM ET Improve Your Self-Esteem By Tackling Limiting Stories as A Dismissive Avoidant (Live Examples) 3:00 PM ET	10 Course Work Support 4:30 PM ET Improve Your Self-Esteem By Tackling Limiting Stories as An Anxious Attachment (Live Examples) 6:00 PM ET	11 Improve Your Self-Esteem By Tackling Limiting Stories as A Fearful Avoidant (Live Examples) 12:00 PM ET Mastering Communication 4:00 PM ET	12 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	13 Self love and Belief Reprogramming 10:00 AM ET Inner Child Healing Breathwork with Gio 12:00 PM ET	14 The Emotional Processing Tool (Live Examples for Regulation!)+ Q&A 2:00 PM ET - 4:00 PM ET
15	16 Sharing Circle 1:00 PM ET General Dating Questions About Dismissive Avoidants 3:00 PM ET	17 Course Work Support 4:30 PM ET General Dating Questions About Anxious Attachment Styles 6:00 PM ET	18 General Dating Questions About Fearful Avoidants 12:00 PM ET Mastering Communication 4:00 PM ET	19 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	20 Self love and Belief Reprogramming 10:00 AM ET How to Work with Competing Needs (In Relationships!) 12:00 PM ET	21 Healing the Mother & Father Wound + Q&A 2:00 PM ET - 4:00 PM ET
22	23 Sharing Circle 1:00 PM ET Learn to Meet Your Own Needs As A Dismissive Avoidant 3:00 PM ET	24 Course Work Support 4:30 PM ET Learn to Meet Your Own Needs As An Anxious Attachment Style 6:00 PM ET	25 Learn to Meet Your Own Needs As A Fearful Avoidant Attachment Style 12:00 PM ET Mastering Communication 4:00 PM ET	26 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	27 Self love and Belief Reprogramming 10:00 AM ET Overcoming Bad Habits & Addictive Coping Mechanisms 12:00 PM ET	28 The Fearful & Dismissive Avoidant's Phantom Ex + Q&A 2:00 PM ET - 4:00 PM ET
29	30 Sharing Circle 1:00 PM ET Rewire Unhealthy Behaviours as An Anxious Preoccupied 3:00 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.