



The Personal Development School: Webinar & Support Groups Schedule

May 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				01 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Ben 2:00 PM ET	02 Self love and Belief Reprogramming 10:00 AM ET How No Contact Affects the Dismissive Avoidant (with Ben) 12:00 PM ET	03 Heal Codependency & Enmeshment (with Ben) 2:00 PM ET - 4:00 PM ET
04	05 Sharing Circle 1:00 PM ET The Dismissive Avoidant in the Dating Stage of Relationships 3:00 PM ET	06 Course Work Support 4:30 PM ET Anxious Attachment Support for Dating 6:00 PM ET	07 Fearful Avoidant in the Dating Stage of Relationships 12:00 PM ET Mastering Communication 4:00 PM ET	08 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	09 Self love and Belief Reprogramming 10:00 AM ET Inner Child Breathwork Webinar with Gio 12:00 PM ET	10 How Securely Attached People Show Up in the 6 Stages of Relationships 2:00 PM ET - 4:00 PM ET
11	12 Sharing Circle 1:00 PM ET Live Emotional Processing tools for Dismissive Avoidants 3:00 PM ET	13 Course Work Support 4:30 PM ET Live Emotional Processing & Soothing for Anxious Attachment 6:00 PM ET	14 Live Emotional Processing for Fearful Avoidants 12:00 PM ET Mastering Communication 4:00 PM ET	15 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	16 Core Wound Webinar: I don't matter, I am rejected, I am bad 12:00 PM ET	17 Biggest Attachment Style Healing Blocks & How to Overcome Them! 2:00 PM ET - 4:00 PM ET
18	19 Holiday	20 Course Work Support 4:30 PM ET Autosuggestion for Rewiring Abandonment Fears 6:00 PM ET	21 Autosuggestion for Rewiring Fearful Avoidant Wounds 12:00 PM ET Mastering Communication 4:00 PM ET	22 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	23 Self love and Belief Reprogramming 10:00 AM ET A Grief Healing Webinar for Grief and Guilt 12:00 PM ET	24 5 Steps to Healing Betrayal & Learning to Trust Again 2:00 PM ET - 4:00 PM ET
25	26 Sharing Circle 1:00 PM ET Learning Healthy Boundaries to Coregulate As A Dismissive Avoidant 3:00 PM ET	27 Course Work Support 4:30 PM ET Learning Healthy Boundaries to Coregulate As An Anxious Preoccupied 6:00 PM ET	28 Learning Healthy Boundaries to Coregulate As A Fearful Avoidant 12:00 PM ET Mastering Communication 4:00 PM ET	29 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	30 Self love and Belief Reprogramming 10:00 AM ET Overcome the Fear of Rejection & Others' Opinions 12:00 PM ET	31 Heal Love Addiction & Trauma Bonding 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.