



The Personal Development School: Webinar & Support Groups Schedule

November 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					01 Self love and Belief Reprogramming 10:00 AM ET Healing Relationship OCD & Anxiety 12:00 PM ET	02 Heal the "I am trapped, helpless, powerless" core wounds + Q&A 2:00 PM ET - 4:00 PM ET
03	04 Sharing Circle 1:00 PM ET Healthy Communication for Dismissive Avoidants 3:00 PM ET	05 Course Work Support 4:30 PM ET Healthy Communication for Anxious Attachment 6:00 PM ET	06 Healthy Communication for Fearful Avoidant 12:00 PM ET Mastering Communication 4:00 PM ET	07 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 7:30 PM ET	08 Self love and Belief Reprogramming 10:00 AM ET Heal the "I am abandoned, alone, excluded" core wounds 12:00 PM ET	09 Repair Broken Trust (Including Self-Trust) + Q&A 2:00 PM ET - 4:00 PM ET
10	11 Sharing Circle 1:00 PM ET Live Emotional Processing Tool with Dismissive Avoidant Examples 3:00 PM ET	12 Course Work Support 4:30 PM ET Live Emotional Processing Tool with Anxious Preoccupied Examples 6:00 PM ET	13 Live Emotional Processing Tool with Fearful Avoidant Examples 12:00 PM ET Mastering Communication 4:00 PM ET	14 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 7:30 PM ET	15 Self love and Belief Reprogramming 10:00 AM ET Skyrocket Your Dating & Relationship Self-Esteem 12:00 PM ET	16 How to Repair Any Relationship + Q&A 2:00 PM ET - 4:00 PM ET
17	18 Sharing Circle 1:00 PM ET Reprogram Unhealthy Dismissive Avoidant Patterns 3:00 PM ET	19 Course Work Support 4:30 PM ET Reprogram Unhealthy Anxious Preoccupied Patterns 6:00 PM ET	20 Reprogram Unhealthy Fearful Avoidant Patterns 12:00 PM ET Mastering Communication 4:00 PM ET	21 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 7:30 PM ET	22 Self love and Belief Reprogramming 10:00 AM ET Overcoming Toxic Shame & Anger + Q&A 12:00 PM ET	23 Heal the "I am defective, unsafe, not good enough" core wounds + Q&A 2:00 PM ET - 4:00 PM ET
24	25 Sharing Circle 1:00 PM ET Regulate Your Emotions As A Dismissive Avoidant (Somatic & Nervous System Work) 3:00 PM ET	26 Course Work Support 4:30 PM ET Regulate Your Emotions As An Anxious Preoccupied (Somatic & Nervous System Work) 6:00 PM ET	27 Regulate Your Emotions As A Fearful Avoidant (Somatic & Nervous System Work) 12:00 PM ET Mastering Communication 4:00 PM ET	28 Thanksgiving Social 7:30 PM ET	29 Self love and Belief Reprogramming 10:00 AM ET	30 Holiday

■ 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.