



The Personal Development School: Webinar & Support Groups Schedule

October 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		01 Course Work Support 4:30 PM ET Set Healthy Boundaries As An Anxious Preoccupied 8:00 PM ET	02 Set Healthy Boundaries As A Fearful Avoidant 12:00 PM ET Mastering Communication 4:00 PM ET	03 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 7:30 PM ET	04 Self love and Belief Reprogramming 10:00 AM ET Attachment Styles in the Workplace (How to Thrive) 12:00 PM ET	05 Attachment Styles & Friendships + Q&A 2:00 PM ET - 4:00 PM ET
06	07 Sharing Circle 1:00 PM ET Heal Your Shame Wounds as An Avoidant 3:00 PM ET	08 Course Work Support 4:30 PM ET Heal Your Abandonment Wounds as An Anxious Preoccupied 8:00 PM ET	09 Heal Your Betrayal Wounds as A Fearful Avoidant 12:00 PM ET Mastering Communication 4:00 PM ET	10 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 7:30 PM ET	11 Self love and Belief Reprogramming 10:00 AM ET Recognize Each Attachment Style in Early Days (of Dating, Working & Friendships) 12:00 PM ET	12 Trauma Bonding & Relationship Healing + Q&A 2:00 PM ET - 4:00 PM ET
13	14 Holiday	15 Course Work Support 4:30 PM ET Learn Your Needs & Self-Soothe as An Anxious Preoccupied 8:00 PM ET	16 Learn Your Needs & Self-Soothe as A Fearful Avoidant 12:00 PM ET Mastering Communication 4:00 PM ET	17 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 7:30 PM ET	18 Self love and Belief Reprogramming 10:00 AM ET CPTSD Root Causes & Healing 12:00 PM ET	19 How to Actually Self-Love + Q&A 2:00 PM ET - 4:00 PM ET
20	21 Sharing Circle 1:00 PM ET Open Dating Q&A About Dismissive Avoidants 3:00 PM ET	22 Course Work Support 4:30 PM ET Open Dating Q&A About Anxious Preoccupied 8:00 PM ET	23 Open Dating Q&A About Fearful Avoidants 12:00 PM ET Mastering Communication 4:00 PM ET	24 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 7:30 PM ET	25 Self love and Belief Reprogramming 10:00 AM ET Overcoming Limerence to Create Fulfilling Relationships 12:00 PM ET	26 How to Repair Any Relationship + Q&A 2:00 PM ET - 4:00 PM ET
27	28 Sharing Circle 1:00 PM ET Heal Unhealthy Dismissive Avoidant Relationship Expectations 3:00 PM ET	29 Course Work Support 4:30 PM ET Heal Unhealthy Anxious Preoccupied Relationship Expectations 8:00 PM ET	30 Heal Unhealthy Fearful Avoidant Relationship Expectations 12:00 PM ET Mastering Communication 4:00 PM ET	31 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 7:30 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.