



The Personal Development School: Webinar & Support Groups Schedule

September 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	01 Holiday	02 Course Work Support 4:30 PM ET Anxious Attachment Core Wound Healing 6:00 PM ET	03 Fearful Avoidant Core Wound Healing 12:00 PM ET Mastering Communication 4:00 PM ET	04 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	05 Self love and Belief Reprogramming 10:00 AM ET Inner Child Healing Breathwork with Gio 12:00 PM ET	06 The Fearful Avoidant & Dismissive Avoidant Relationship Healing 2:00 PM ET - 4:00 PM ET
07	08 Sharing Circle 1:00 PM ET Dismissive Avoidant Relationship Needs 3:00 PM ET	09 Course Work Support 4:30 PM ET Anxious Attachment Relationship Needs 6:00 PM ET	10 Fearful Avoidant Relationship Needs 12:00 PM ET Mastering Communication 4:00 PM ET	11 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	12 Self love and Belief Reprogramming 10:00 AM ET Healing Unhealthy Communication in Relationships 12:00 PM ET	13 The Dismissive Avoidant & Anxious Attachment Relationship Healing 2:00 PM ET - 4:00 PM ET
14	15 Sharing Circle 1:00 PM ET Emotional Regulation for Dismissive Avoidants 3:00 PM ET	16 Course Work Support 4:30 PM ET Emotional Regulation for Anxious Attachment Style 6:00 PM ET	17 Emotional Regulation for Fearful Avoidants 12:00 PM ET Mastering Communication 4:00 PM ET	18 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Thais 2:00 PM ET	19 Self love and Belief Reprogramming 10:00 AM ET Overcoming Betrayal Trauma in 5 Steps 12:00 PM ET	20 Healing from Narcissistic Abuse 2:00 PM ET - 4:00 PM ET
21	22 Sharing Circle 1:00 PM ET Dismissive Avoidant Communication Tools 3:00 PM ET	23 Course Work Support 4:30 PM ET Anxious Preoccupied Attachment Communication Tools 6:00 PM ET	24 Fearful Avoidant Communication Tools 12:00 PM ET Mastering Communication 4:00 PM ET	25 Emotional Resilience 4:00 PM ET Get Your Personal Questions Answered by Ben 2:00 PM ET	26 Self love and Belief Reprogramming 10:00 AM ET The Fearful Avoidant & Anxious Attachment Relationship Healing (With Annette) 12:00 PM ET	27 Reconnecting with a Dismissive Avoidant (With Ben) 2:00 PM ET - 4:00 PM ET
28	29 Sharing Circle 1:00 PM ET Overcoming Chronic Guilt and Shame as a Dismissive Avoidant 3:00 PM ET	30 Course Work Support 4:30 PM ET Overcoming Chronic Guilt and Shame as an Anxious Attachment 6:00 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.