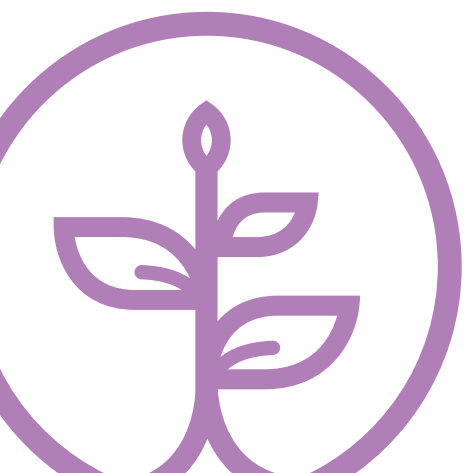


THE PERSONAL DEVELOPMENT SCHOOL GUIDE



THAIS GIBSON

THE PERSONAL DEVELOPMENT SCHOOL



Welcome to the Personal Development School Guide!
This book will help you navigate through your personal growth progression. Keep in mind that these are just recommendations, and there is no right or wrong way to learn in the School!

Check out the recommended progression based on your Attachment Style, and don't forget to check out the last page for bonus recommendations!

COURSE GUIDE

THE DISMISSIVE AVOIDANT

01



RECOMMENDED COURSE PROGRESSION

- 1) Emotional Mastery & Belief Reprogramming Course
- 2) Discover, Embrace and Fulfill Your Personal Needs
- 3) Healthy & Secure Relationships for the Emotionally Unavailable Person (Dismissive Avoidant Re-programming Course)
- 4) Advanced Dismissive Avoidant Attachment Style Course: Your Guide to Thrive in the 6 Stages of a Relationship
- 5) Setting Boundaries to End Compulsive People-Pleasing & Create Authentic Connections
- 6) Reparenting Your Inner Child to Transcend Attachment Trauma Behaviors
- 7) Release Resentment from Relationships & Learn to Truly Forgive
- 8) Overcoming Unworthiness by Understanding and Accepting Your Shadow
- 9) Healthy Balance in Relationships: Ending Codependency & Enmeshment
- 10) Conflict Resolution: Speaking Up & Steps to Healthily Resolve Relationship Challenges
- 11) How a Securely Attached Person Shows up in Each of the 6 Stages of a Relationship
- 12) Principles & Tools for Reprogramming the Subconscious Mind
- 13) Eliminate Your Inner Guilt & Shame to Access Your Full Potential

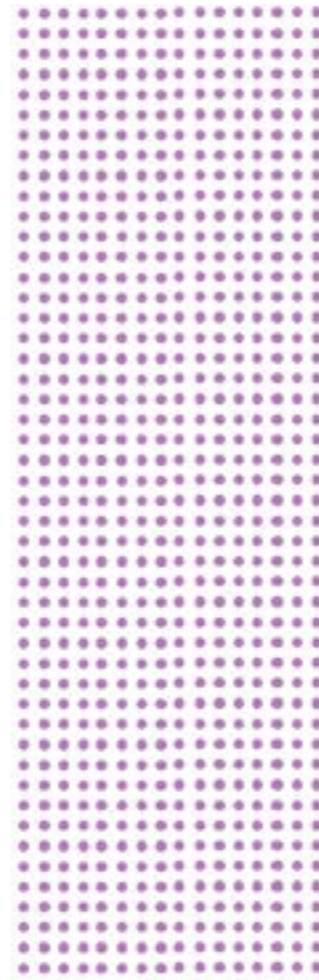
02



RECOMMENDED COURSE PROGRESSION

- 1) Emotional Mastery and Belief Reprogramming Course
- 2) Discover, Embrace and Fulfill Your Personal Needs
- 3) Healthy and Passionate Relationships after Emotional Pain (Re-programming the Fearful Avoidant Attachment Style)
- 4) Advanced Fearful Avoidant Attachment Style Course: Your Guide to Thrive in the 6 Stages of a Relationship
- 5) Setting Boundaries to End Compulsive People-Pleasing & Create Authentic Connections
- 6) Reparenting Your Inner Child to Transcend Attachment Trauma
- 7) Release Resentment from Relationships & Learn to Truly Forgive
- 8) Overcoming Unworthiness by Understanding and Accepting Your Shadow
- 9) Healthy Balance in Relationships: Ending Codependency & Enmeshment
- 10) Conflict Resolution: Speaking Up & Steps to Healthily Resolve Relationship Challenges
- 11) How a Securely Attached Person Shows up in Each of the 6 Stages of a Relationship
- 12) Principles & Tools for Reprogramming the Subconscious Mind
- 13) Eliminate Your Inner Guilt & Shame to Access Your Full Potential

THE FEARFUL AVOIDANT



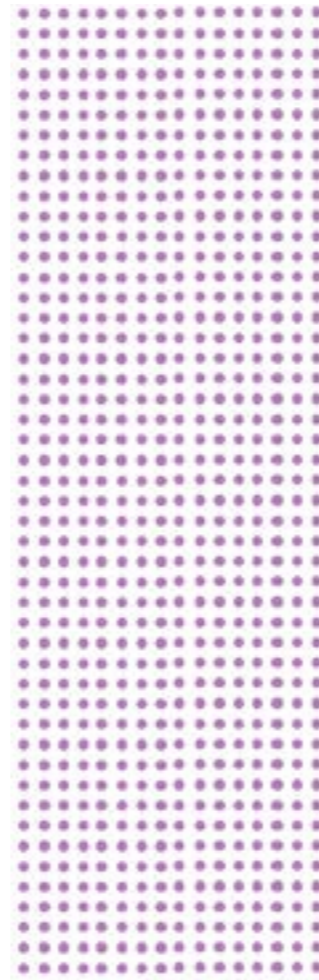
THE ANXIOUS ATTACHMENT

03



RECOMMENDED COURSE PROGRESSION

- 1) Emotional Mastery & Belief Reprogramming Course
- 2) Discover, Embrace and Fulfill Your Personal Needs
- 3) Stop Abandonment & Rejection in A Relationship (Anxious Attachment Reprogramming Course)
- 4) Advanced Anxious Attachment Style Course: Your Guide to Thrive in the 6 Stages of a Relationship
- 5) Setting Boundaries to End Compulsive People-Pleasing & Create Authentic Connections
- 6) Reparenting Your Inner Child to Transcend Attachment Trauma
- 7) Release Resentment from Relationships & Learn to Truly Forgive
- 8) Overcoming Unworthiness by Understanding and Accepting Your Shadow
- 9) Healthy Balance in Relationships: Ending Codependency & Enmeshment
- 10) Conflict Resolution: Speaking Up & Steps to Healthily Resolve Relationship Challenges
- 11) Principles & Tools for Reprogramming the Subconscious Mind
- 12) How a Securely Attached Person Shows up in Each of the 6 Stages of a Relationship



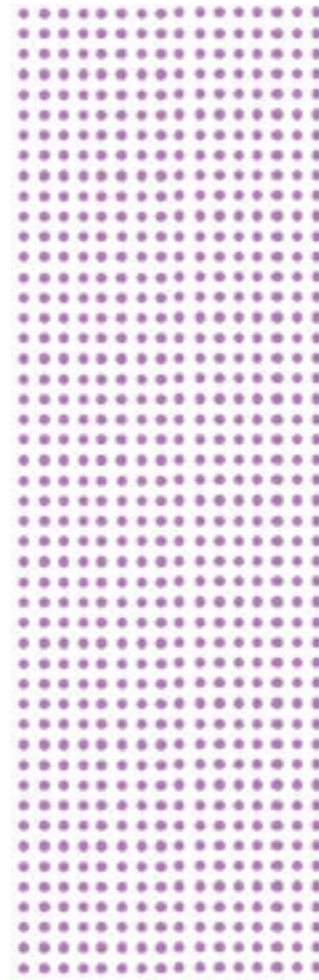
THE SECURE ATTACHMENT

04



RECOMMENDED COURSE PROGRESSION

- 1) Emotional Mastery & Belief Reprogramming Course
- 2) Overcoming Unworthiness by Understanding and Accepting Your Shadow
- 3) The Attachment Style Course of Your Significant Other/Family Member/Friend (whoever you're trying to work things through with)
- 4) Discover, Embrace and Fulfill Your Personal Needs
- 5) Reparenting Your Inner Child to Transcend Attachment Trauma
- 6) The Key Pillars Necessary to Create a Secure Relationship
- 7) Conflict Resolution: Speaking Up & Steps to Healthily Resolve Relationship Challenges
- 8) Break Through Self-Sabotage & Procrastination For Good
- 9) Skyrocket Your Self-Esteem



YOUR NEXT STEPS...

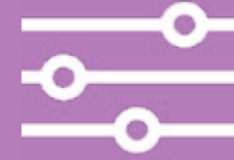
I would take a moment to look at the entire course itinerary and ask yourself if there are any other areas of your life you're struggling with. For example, if you find yourself struggling to achieve your goals and have a vision for the future, you might highlight the Mindset Mastery & Life-Mapping Course. The Personal Development School is designed to give you resources to transform all areas of your life, and we will continue to add empowering content to help you do so!

Area-Specific Bonus Courses:

(Don't have to be specific to Attachment Styles)

- 1) Mindset Mastery & Life-Mapping Course (A Journey Course)
- 2) Skyrocket Your Self-Esteem
- 3) Break Through Self-Sabotage & Procrastination For Good
- 4) Overcoming Anxiety for Peace of Mind
- 5) Transform Depression, Trauma Thoughts & Sadness
- 6) Principles & Tools for Re-programming the Subconscious Mind
- 7) Mastering Your Abundance Mindset: Re-programming Your Relationship to Money
- 8) How to Heal From a Breakup & Transform Grief
- 9) The Key Pillars Necessary to Create a Secure Relationship

Progression per 6-Hour Course



COMMITMENT LEVEL

High

Medium

Low



TIME PER DAY

1 Hour

30 Minutes

10 Minutes



WEEKS TO COMPLETE

1 Week

2 Weeks

4 Weeks

