



The Personal Development School July 2021 Webinar Schedule

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Live Q&A with Thais Gibson 7:30PM ET	2 Overcoming Perfectionism 12:00PM ET	3 The Anxious Avoidant Trap and Attachment Style Relationships 2:00PM ET Live Q&A with Thais Gibson 3:30PM ET
4	5	6	7	8 Live Q&A with Thais Gibson 7:30PM ET	9 Releasing Resentment from Relationships and Learning to Truly Forgive 12:00PM ET	10 Shadow Work 2:00PM EST Live Q&A with Thais Gibson 3:30PM ET
11	12	13	14	15 Live Q&A with Thais Gibson 7:30PM ET	16 Codependency and Enmeshment 12:00PM ET	17 The FA and Rebuilding Trust in the Early Stages of a Relationship 2:00PM ET Live Q&A with Thais Gibson 3:30PM ET
18	19	20 Feedback Webinar with Jacqueline 7:30PM ET	21	22 Live Q&A with Thais Gibson 7:30PM ET	23 Conflict Resolution 12:00PM ET	24 Live Course Part 1: Healing Traumatic Family Dynamics 2:00PM ET Live Course: Part 2: Repairing Family Relationships 3:30PM ET
25	26	27 Feedback Webinar with Jacqueline 7:30PM ET	28	29 Live Q&A with Thais Gibson 7:30PM ET	30 Advanced Core Wounds: Repairing Major Core Wounds 12:00PM ET	31 Reparenting (Exercise with a live example) 2:00PM ET Live Q&A With Thais Gibson 3:30PM ET

Attending live webinars with Thais 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.



The Personal Development School July 2021 Social Schedule

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Self-Discovery Routine with Mike 10:00AM ET	2 Self-Love Routine with Joanna 8:30AM ET	3
4	5 Study Group: Emotional Mastery & Belief Reprogramming 12:00PM ET PDS Social: 5:00PM ET Communication Scripts Practice 6:30PM ET	6 Guided Meditation (All Levels) 10:00AM ET Study Group: Emotional Mastery & Belief Reprogramming 3:00PM ET	7 Communication Scripts Practice 2:30PM ET Sharing Circle with Mike 6:00PM ET	8 Self-Discovery Routine with Mike 10:00AM ET	9 Self-Love Routine with Joanna 8:30AM ET	10
11	12 Study Group: Post-Traumatic Growth: A Hero's Journey 12:00PM EST PDS Social: 5:00PM ET Communication Scripts Practice 6:30PM ET	13 Guided Meditation (All Levels) 10:00AM ET Study Group: Post-Traumatic Growth: A Hero's Journey 3:00PM ET	14 Communication Scripts Practice 2:30PM ET Sharing Circle with Mike 6:00PM ET	15 Self-Discovery Routine with Mike 10:00AM ET	16 Self-Love Routine with Joanna 8:30AM ET	17
18	19 Study Group: Overcoming Anxiety for Peace of Mind 12:00PM EST PDS Social: 5:00PM ET Communication Scripts Practice 6:30PM ET	20 Guided Meditation (All Levels) 10:00AM ET Study Group: Overcoming Anxiety for Peace of Mind 3:00PM ET	21 Communication Scripts Practice 2:30PM ET Sharing Circle with Mike 6:00PM ET	22 Self-Discovery Routine with Mike 10:00AM ET	23 Self-Love Routine with Joanna 8:30AM ET	24
25	26 Study Group: Setting & Achieving Goals Using Your Subconscious Mind 12:00PM ET PDS Social: 5:00PM EST Communication Scripts Practice 6:30PM ET	27 Guided Meditation (All Levels) 10:00AM ET Study Group: Setting & Achieving Goals Using Your Subconscious Mind 3:00PM ET	28 Communication Scripts Practice 2:30PM ET Sharing Circle with Mike 6:00PM ET	29 Self-Discovery Routine with Mike 10:00AM ET	23 Self-Love Routine with Joanna 8:30AM ET	31

Study Groups will help you work through your courses with others inside The School!

Routines will enable you to set intentions, work through guided meditations, activities, group shares and more!