



hoffman
when you're serious about change

**Be The Primary
Creative Force
In Your Life**



Are You Ready To Discover Your Best Self?

Emotional learning that occurred early in our lives largely shapes our adult experiences. Whether we are aware of it or not, our very sense of self is more strongly influenced by early life conditioning than most of us ever imagine. This includes our capacity to have happy and successful relationships and careers, good health, and spiritual well-being. The negative aspects of

this conditioning produce unwanted outcomes and self-defeating behaviors in our adult lives.

Our programs are designed in order for you to release this negative conditioning and access your untapped resources of power, wisdom, and creativity. You can discover your best self and make the changes you really want.

It's been over 50 years since I took the Process. The benefits in terms of my rich life keep coming and multiplying. I want more and more people to experience this gift.

MICHAEL RAY, Ph.D., Professor of Creativity & Innovation,
Stanford University Graduate School of Business

Accomplished Participants

Our programs are for adults who want an extraordinary experience of life and are looking for an effective way to achieve this.

People choose the Hoffman Process for many reasons. Some come to address

obstacles that have limited their success in careers, relationships, or health. Others are in the midst of a life transition that has provoked anger, fear, and/or sadness that must be resolved. What everyone has in common is a desire for a more exuberant and fulfilling life.

For 50 years, our programs have delivered deep and lasting personal transformation to thousands of people.

Community Collaboration

The Hoffman Institute is a people-centered organization with the intention of facilitating and empowering change. We have collaborated with several organizations over the years in order to expand and improve participants' lives. Collaborations include a five-year partnership with Harvard University's Center for Public Leadership, and

transformational programs with Youth at Risk (New York City) and the Bronx Hyde Charter School.

Out of these collaborations have come innovative and forward-thinking offerings, such as leadership-focused programs, the Quantum Leap Program at Hyde, and various coaching programs.

As a graduate of Harvard Business School, I am acutely aware of the great intellects it attracts. But intellect needs to be integrated with heart and soul for one to emerge as an effective leader.

STEVE BELKIN, founder and chair of Trans National Group (TNG); honorary life member of the Anti-Defamation League; Board of Overseers, Boston Museum of Fine Arts; Hoffman Institute Foundation Board of Directors.

Hoffman Institute's Dynamic Programs

The Hoffman Process

The Hoffman Process is the foundation of all the Institute's programs. In this week-long residential program, each participant is afforded the privacy and confidentiality to do their individual work while participating in a vital, energetic group environment.

The Hoffman Process is conducted at a scenic retreat site where your needs are taken care of, ensuring that you can focus on your personal growth and learning.

With one teacher for every six to eight students, our teaching teams provide you with the kind of individualized attention that inspires powerful, personal change. By studying a very thorough questionnaire, which you complete prior to your arrival, the teaching staff is able to begin an in-depth understanding of your requirements even before meeting you.

The Hoffman Process brings awareness to the counterproductive beliefs, perceptions, and emotional needs that you adopted from parents and others who shaped your early life experiences.

These distortions of reality – the result of the Negative Love Syndrome – block your capacity to be fully present and open to life's opportunities. The Hoffman Process provides the possibility and tools you need to finally let go of what is not working and empowers you to move naturally into being the primary creative force in all aspects of your life.

The Hoffman Process is conducted with integrity, loving concern, and respect for the dignity of each student. Step by step, you will develop confidence and certainty that it is working for you.

Our methodology of "infused teaching" addresses all dimensions of your being: intellectual, emotional, physical, and spiritual. We call the integration of these four aspects of self the "Quadrinity." It is precisely this integration of your whole self that creates powerful forward motion and establishes the framework for you to be a more loving, mature, creative, and balanced person.

Q²: Beyond Mom & Dad

The core of our graduate programs, this three-day residential weekend blends the experiential learning of the Pro-

cess with advanced work. The result is greater self-empowerment, and extended positive change in all areas of your life.

Coaching

Hoffman-certified coaching facilitates the application of the Hoffman Process learning into specific personal and professional contexts. It creates the structure and clarity for achieving your

goals. Coaching is available for individuals, couples, groups, and Focused Discovery. The Relationship Intensive is also available as a 2-day, in-person coaching program for Hoffman Process graduates.

Hoffman Couples Retreat

You found your authentic self in the Process. Now use your tools and practices to show up and bring your whole self into your intimate partnership with love, compassion, and awareness.

This weekend program, led by Hoffman teachers, will help you and your partner (also a Hoffman grad) strengthen and deepen your intimacy and connection through the use of Hoffman tools and practices.

Highly Experienced Faculty

Our faculty members embody the confidence that comes from rigorous training, self-development, and experience. Their job is to guide and support you on your journey of transformational learning.

Our faculty teaches in teams, which complements their professional backgrounds. Team members include thera-

pists, educators, clergy, executives, consultants, and artists.

All have completed a comprehensive two-year training and supervised internship. Their supportive and empathic leadership style ensures a safe and caring environment in which people can make courageous choices for themselves.

Lasting Benefits

- Freedom from self-defeating negative behaviors
- Being more free, open, loving, and spontaneous
- Forgiveness and compassion for self and others
- Deep connection to your own best self
- Life-long tools for personal happiness
- Increases in emotional intelligence; reductions in depression & anxiety
- Improved work, family, and intimate relationships

Published Research Results

The University of California at Davis grant research study on the Hoffman Process, titled "Positive Emotional Change: Mediating Effects of Forgiveness and Spirituality," appears in the scientific peer review journal, *Explore: The Journal of Science and Healing*.

The UC research shows that the Process produces lasting significant increases

in emotional intelligence, forgiveness, compassion, spirituality, physical energy, and physical vitality. It also shows the Process produces lasting significant reductions in depression, hostility, anxiety, obsessive compulsive symptoms, and interpersonal sensitivity. Learn more about the study at hoffmaninstitute.org/research-papers/.



*Hoffman Retreat Center –
Santa Sabina in California*



*Guest House in
Connecticut*



*Sanctum Retreat in Calgary,
Alberta Canada*

To Learn More...

Phone: **800-506-5253**

Watch the Negative Love Syndrome® video:

<https://youtu.be/yna4UTIkP8>

Email: enrollment@hoffmaninstitute.org

Visit our websites: hoffmaninstitute.org (USA)
or hoffmaninstitute.ca (Canada)

Presented at Retreat Sites Located In:

- Northern California
- Chester, CT
- Calgary, Alberta Canada

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Worldwide Affiliates:

Argentina, Australia, Austria, Brazil, Canada, China, France, Germany, Italy, Russia, Singapore, South Africa, Spain, Switzerland, United Kingdom, USA

More information can be found at hoffman-international.com

Join Us For Our Weekly Intro Call:

Our free, 45-minute weekly Intro Call is every Tuesday at 5 PM Pacific time. Hoffman Institute staff members and teachers will answer questions from callers.

Dial In:

Every Tuesday, 5 PM Pacific (8 PM Eastern)

866-705-2554

Enter **694467#** when prompted for a password

If you can't make this time, we provide free, private calls with an enrollment counselor during office hours: **800-506-5253**

The Hoffman Institute Foundation, USA, is a non-profit 501(c)(3) organization.

The Hoffman Process is the most powerful and comprehensive program I have yet encountered for releasing negative feelings and behaviors, healing your heart, experiencing forgiveness and love, and – ultimately – learning to live from spirit.

~ JOAN BORYSENKO, Ph.D.

International authority on mind-body medicine; lecturer; best-selling author of numerous books, including *Minding the Body*, *Mending the Mind*; Hoffman Advisory Council chair

Please Phone Us:
800-506-5253 or 415-485-5220

Or Visit Us:
www.hoffmaninstitute.org