



Do you have friends and family who are Hoffman curious, but aren't able to attend the Process yet? The 2-day **Hoffman Essentials** virtual program is an insightful and interactive live intensive. Participants will be guided through experiential activities, individual assignments, engaging discussions, and connection with others. This program is designed to provide useful tools and practices that one can carry for a lifetime.

### Hoffman Essentials Benefits

- **Dis-identify** from your conditioned ways of reacting and thinking, and identify with your true self
- **Discover** your innate capacity for love, compassion, and forgiveness for self and others
- Learn to access the 4 aspects of your being and **build emotional intelligence** and maturity
- Find a more profound and **kinder way of being** with yourself and others
- Learn **tools and practices** that you can use and will become essential in your life
- **Expand** your capacity to access your own heart and wisdom, and become more present to yourself and others
- Learn how to **access and identify** emotional baggage
- **Build resilience** in challenging times

For more information and tuition rates, call **800-506-5253** or visit

[hoffmaninstitute.org/virtual-programs](http://hoffmaninstitute.org/virtual-programs)

Time: 9 AM–6 PM both days (Pacific & Eastern times available)

## For Yourself



Transform your patterns, and create your future in this virtual 2-day **Spirit-Guided Visioning** program. Hoffman teachers will guide you in learning how to create a powerful and authentic vision for your life. This program focuses primarily on creating a vision for the next year through experiential activities, identifying and transforming patterns, and creating a supportive community.

### In this program you will:

- **Develop a vision** for the next year
- **Conduct** a life assessment
- **Bring forward** more gratitude and appreciation
- **Discover** the patterns that are in the way of your vision
- **Transform** patterns through the Cycle of Transformation
- **Create** an action plan
- **Engage** in a supportive community



In our newest virtual 2-day program, **The Path of Fierce Compassion and Forgiveness** participants will explore the meaning of true compassion, and find the strength and courage for forgiveness of self and others. You will learn the power of taking full responsibility for your life, and experience greater emotional freedom. Compassion precedes forgiveness; forgiveness strengthens compassion.

### Fierce Compassion and Forgiveness requires:

- **No more backdoor exits** for facing yourself fully
- **No more colluding** with your Dark Side with shame and vindictiveness
- **No more unconscious complicity** with someone who disregards your boundaries
- **No more postponing** the deep connection with your Spiritual Self

Both programs are open to Hoffman Process graduates and Hoffman Essentials participants.

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