



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, careers, 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 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.

I do not know any other method that is so dramatic and so effective in terms of getting people clear of what stifles their creativity and success.

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 Institute 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 more than 45 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 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 courses, such as InnerWork for Leaders – Authentically Leading Your Life, 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 chairman of Trans National Group (TNG); principal owner of NBA's Atlanta Hawks, NHL's Atlanta Thrashers, and the Phillips Arena; trustee of Cornell University; and member of the Hoffman Institute Foundation Board of Directors.

Hoffman Institute's Dynamic Programs

The Hoffman Process

The Hoffman Process is the foundation of everything we offer. In this week-long residential course, 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 seven to nine students, our teaching teams provide you with the kind of individualized attention that inspires powerful personal change. By studying a very thorough questionnaire that 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 into awareness the counterproductive beliefs, perceptions, and emotional needs that have been adopted from parents and others who shaped our early life

experiences. These distortions of reality – the result of the Negative Love Syndrome – block our 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 to then 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 our whole self that creates powerful forward motion and establishes the framework for being a more loving, mature, creative, and balanced person.

Q² Graduate Intensive

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

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

InnerWork for Leaders—Authentically Leading Your Life

A 3-day residential course, InnerWork for Leaders—Authentically Leading Your Life is Hoffman's newest graduate course specifically designed to empower you to authentically lead your life. It takes your

Process experience even deeper, allowing you to lead your life in more positive and powerful ways, whether it is personal, professional, or in a relationship.

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 single sessions, three-session series (health, career, relationships, or spirituality), and for couples.

Highly Experienced Faculty

Our faculty embodies 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 complementing their professional backgrounds. They include therapists, 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.

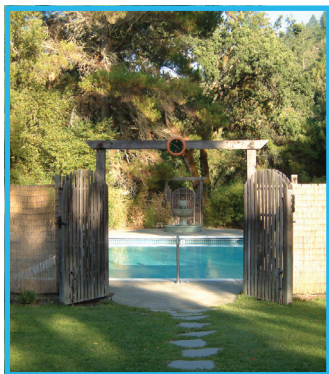
Lasting Benefits

- Freedom from self-defeating negative behaviors
- Being more free, open, loving, and spontaneous
- Forgiveness for self and others
- Deep connection to your own best self
- Life-long tools for personal happiness

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* (www.explorejournal.com). The UC research shows that the Process produces lasting significant

reductions in depression, hostility, anxiety, obsessive compulsive symptoms, and interpersonal sensitivity, combined with lasting significant increases in emotional intelligence, forgiveness, compassion, spirituality, physical energy, and physical vitality. To learn more about the study, please visit www.hoffmaninstitute.org and click on Research.



Pool and Inn at White Sulphur Springs Retreat Site in Napa Valley, CA

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.

Co-founder, Harvard Mind-Body Clinic;
lecturer; best-selling author of numerous
books, including *Minding the Body, Mending
the Mind*; chairperson of the Hoffman
Advisory Council

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Or Visit Us:
<http://www.hoffmaninstitute.org>

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Visit our website:

<http://www.hoffmaninstitute.org>

Presented at Retreat Sites Located In:

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- Chester, CT
- Race Brook, MA

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More information can be found at www.hoffman-international.com

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