

# *Staying Connected*

## Welcome to the First Edition of *Staying Connected*...

Dear Graduates,

Welcome to Hoffman's inaugural edition of *Staying Connected*, our response to many requests by graduates for more connection to Hoffman, Spirit, and each other.

*Staying Connected* will help keep you informed about ways to maintain and enhance the flow of Spirit during challenging times, whether it's through coaching with our teachers, a teleclass, joining or starting a local Hoffman group, or just sharing what's on your mind on our Facebook page.

Our Teacher's Corner features Kani Comstock this month, sharing about offerings from our skilled teacher/coaches that will continue to support you and your transformation.

This issue contains the story of Process graduate Echo Brown, an amazing woman and Hoffman Scholarship recipient. Please take a moment to read of her experience; you will be inspired!

We look forward to supporting the amazing work you did during your Process. We will endeavor to listen, inspire, encourage, and inform you about all the ways you can *Stay Connected*.

In Love and Light,

Raz Ingrasci, Hoffman CEO,  
and Your Hoffman Team



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Why Hoffman Coaching is a good idea --  
Process teacher Kani Comstock explains

### Letter of Gratitude >

Powerful & life-changing reflections on the  
Process from scholarship recipient Echo  
Brown

### Upcoming Process Courses >

Build upon your Process experience and  
connection with these amazing graduate  
offerings

### Upcoming Graduate Courses >

Find out when the next Process course is  
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## Teacher's Corner

**Did you know that you have a 35 to 82 percent higher chance of achieving your goals with coaching than without?** Studies have shown the percentage of achievement increases with clearer goals, objectives, and the participant's willingness to look at patterns.

Building on more than 25 years of coaching experience at the Hoffman Institute, we spent the last year developing completely new coaching programs and upgrading existing ones. Coaching is a powerful, creative method to foster change. It enhances your ability to grow and alter limiting behaviors and beliefs.

Hoffman Coaching is unique in that it utilizes Hoffman tools and methodologies to enable you to implement what you learned at the Process, and to help you achieve your vision.

Develop a more successful means of attaining personal and professional goals now. Check out our programs: **The Adventure of Life, InnerWork for Leaders, Focused Discovery** with a choice of 4 different development areas, **The Hoffman Relationship Intensive**, and **on-going coaching**.

[Click here to find out more](#)



Kani Comstock, Director of Coaching Programs

## Letters of Gratitude

"I consider my participation in the Process to be a turning point in my life and I feel so grateful and lucky to have been allowed to experience such an incredible, life-changing gift. I have experienced a seismic transformation and blossoming within myself as a result of the Process. I draw sustenance and hope from this newly sprouting, tender place...especially when challenges arise. I have recommitted myself to my evolution as a human being and to the healing and evolution other human beings."

~ Echo Brown, Process Graduate  
and Scholarship Recipient

[Click here to learn how Hoffman Scholarships change lives](#)



Process grad Emily Ma

## Upcoming Process Courses

Hoffman's Process calendar is abundant with powerful, Light-filled offerings -- approximately 30 Process choices abound per year. Many courses fill to capacity; please [register](#) early!

### Upcoming Process Dates

#### California

- \* November 11-18, 2011  
(wait list)
- \* December 2-9, 2011
- \* December 9-16, 2011

#### California (continued)

- \* January 6-13, 2012
- \* January 20-27, 2012
- \* February 3-10, 2012
- \* February 17-24, 2012

#### Connecticut

- \* March 9-16, 2012
- \* May 11-18, 2012

For a full listing of all Process courses, please see our [Calendar](#)

To register online, please go to: [hoffmaninstitute.org/register](http://hoffmaninstitute.org/register) or call us at 800/506-5253

## Upcoming Graduate Courses

Hoffman Graduate Courses are great ways to stay connected to your Process, brush up on Hoffman tools, and have a Light experience. Courses include Graduate Refreshers, Teleclasses, Q2s, and InnerWork for Leaders.

#### Graduate Refreshers

- \* November 5, NYC (wait list)
  - \* November 5, Seattle
  - \* November 12, Santa Barbara
- [Click Here](#) for more info

#### Teleclasses

- \* Nov. 2 - Finding Your Mate
- \* Nov. 9 - Women Together --  
Being Our Best
- \* Nov. 14 - Recycling as a  
Practice to Change...

To check out the schedule and  
get more info, [Click Here](#)

#### Q2 Graduate Intensive

Live your life so that the  
power and transformation you  
experienced at the Process  
continues to expand and  
deepen.

##### California Dates

- \* Nov. 18-20, 2011
- \* January 27-29, 2012
- \* March 30-April 1, 2012

Think this course might be for  
you? Have a look [Here](#).

#### InnerWork for Leaders

This new, 3-day weekend  
provides the space for the  
deep, inner work of claiming  
your wholeness and vision as a  
leader at a powerful new level.

Think this course might be for  
you? Have a look [Here](#).

And while you're there,  
explore the InnerWork for  
Leaders Coaching Program!

For detailed information on all graduate courses, please go to

[www.hoffmaninstitute.org/graduates](http://www.hoffmaninstitute.org/graduates)

To register for any graduate course, please call 800/506-5253 or sign up online at

[hoffmaninstitute.org/gradreg](http://hoffmaninstitute.org/gradreg)

## Coaching and Support

Hoffman coaching is designed to further support you by creating the structure and impetus for achieving your goals, and teaching you how to manage your ongoing personal development and growth.

What differentiates Hoffman coaching from other coaching programs is that it uses tools and practices from the Process, and follows the official protocols of the Hoffman coaching programs.



For more information about all Hoffman Coaching Programs, please visit our coaching site at [hoffmaninstitute.org/coaching](http://hoffmaninstitute.org/coaching)

To select a Hoffman coach you'd most like to work with, please go to [hoffmaninstitute.org/coachoverview](http://hoffmaninstitute.org/coachoverview)

## Inspirational Quote

*Finding Purpose: The place where your gift intersects with the world's needs.  
Purpose is always a revelation of your own authentic self.*

~ Dawna Markova

