

## Ongoing Support from the Hoffman Institute

**Having support can strengthen and accelerate your growth.** Knowing this, we provide several different programs and resources that offer you ongoing or occasional support.

For detailed descriptions of everything listed below, please visit our website:

- <https://www.hoffmaninstitute.org/for-grads/>
- You can also call our office at (800) 506-5253 for information

## Hoffman App

The app gives you the chance to stay connected to your Hoffman experience. You can work through the tools, express how you feel, and receive ongoing Hoffman support and encouragement. Almost like having a Hoffman teacher in your pocket!

## Coaching with a Hoffman Teacher/Coach

Hoffman Life Coaches are certified, experienced Hoffman Process teachers. You may work with a Hoffman coach you already know, or someone new.

- **Individual or On-going Coaching Sessions** – Coaching sessions are effective if you are taking on a particular area of growth or change, if you want support in moving toward your vision, if you have discovered a new layer of patterns, or if you are facing a challenge in your life
- **Relationship Intensive** – A 2-day private program with a teacher offered to couples who are both Hoffman Process graduates. Relationship coaching is effective for business partners, co-workers, divorced or separated parents who are co-parenting, siblings, parent and child, or close friends whose relationship is challenged.

## Hoffman Community & Groups

- **Graduate Groups** – Being with like-minded graduates provides the support to work with Process tools and to share and deepen your Process experience. We have graduate groups located in various communities around the country. Each one is led by a Hoffman-trained graduate facilitator, with materials and programs provided by the Institute. If there is not a group in your area, and you're interested in starting one, please contact our office.
- **Graduate Reunions** – If you want to arrange a live reunion or reunion call with your Process classmates, we have the resources to get you started.
- Contact the office to learn if there are graduates you can connect with in your city

### Hoffman Journal

365 ways to continue your Process – and have fun along the way. The journal helps you keep the Process fresh in your mind and support you in living the life you want to live.

### Teleclass Offerings

Teleclasses are a great way to stay connected to the changes you made in your Process and learn how to use the tools and practices more effectively.

- Mastering Elevators: Transforming Patterns in Every Area of Your Life
- Mastering Recycling: Creating Your “New Normal”
- Other topics, such as Align & Manifest Your Vision, Landing Your Vision & Making it Real, Pathway to Joy, Unlocking Your Creativity, etc.

### One-Day Graduate Refreshers

Participating in a Refresher is a wonderful way to immerse yourself in a day of deep learning and growth, meet other local graduates, and come away deeply enlivened and connected to your own wisdom.

- We offer Graduate Refreshers on a variety of topics, including: Thriving Relationships, The Power of Play, Living Your Vision, and Self-Compassion

### Weekend Courses

- **Q<sup>2</sup>: Beyond Mom & Dad Graduate Intensive** – The Q2 is all about your life today, looking at and transforming the challenges that hold you back from what you want in life *now*. We look at everything that’s in the way of being fully alive and living your vision. It’s also an opportunity to explore and resolve Dark Side messages and to understand and embrace the power of loving awareness.
- **Hoffman Couples Retreat** – If you are in a romantic relationship (with another Process grad), the Couples Retreat teaches you tools and practices to support you and your partner. Get the passion, love, commitment, and joy you both deserve.

*“Only through our connectedness to others can  
we really know and enhance the self.  
And only through working on the self  
can we begin to enhance our connectedness to others.*

~Harriet Lerner