

## 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

### Instagram Live

Join us daily at 8 AM Pacific/11 AM Eastern on Instagram Live @hoffmanprocess

(<https://www.instagram.com/accounts/login/>) for a morning Quad Check **and** at 6 PM Pacific/9 PM Eastern for Appreciation and Gratitude.

### Hoffman App

The Hoffman app (<https://www.hoffmaninstitute.org/hoffman-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. It's almost like having Hoffman in your pocket!

### The Hoffman Blog

The Hoffman blog (<https://www.hoffmaninstitute.org/blog/>) is full of stories, information, and guidance from teachers and Hoffman graduates alike.

### The Hoffman Podcast

Our podcast (<https://www.hoffmaninstitute.org/podcast/>) episodes highlight how, when you change yourself from within, your actions change, and you become an integral part in the healing of the world through your own "everyday radius."

### Coaching with a Hoffman Teacher/Coach

Hoffman Life Coaches (<https://www.hoffmaninstitute.org/coaching/>) 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 that is offered to people who are Hoffman Process graduates. Relationship coaching is effective for couples, business partners, co-workers, divorced or separated parents who are co-parenting, siblings, parent and child, or close friends whose relationship is challenged.

### Webclass Offerings

Webclasses (<https://www.hoffmaninstitute.org/webclass-teleclass-course-descriptions/>) 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 may include Cultivating Presence, Authenticity, Pathway to Joy, Being with a Non-Graduate Loved One, etc.

### One-Day Graduate Refreshers

Participating in a Refresher (<https://www.hoffmaninstitute.org/1-day-graduate-refreshers/>), either virtually or in person, is a wonderful way to immerse yourself in a day of deep learning and growth, meet other graduates, and come away deeply enlivened and connected to your own wisdom.

- We offer Graduate Refreshers on a variety of topics, including: Thriving Relationships, Living Your Vision, Building Resilience and Self-Compassion.

### Virtual Programs

- ***Deepening Intimacy*** (<https://www.hoffmaninstitute.org/deepening-intimacy/>) – Our five-session online course for couples is designed for you and your significant other to integrate the changes you made in your individual Process into your life as a couple. If you're in a secure and committed relationship, you can bring your partnership to a new level of intimacy by deepening your understanding and compassion for yourself and the other, developing a shared vision, and learning skills and practices that support you in being allies in keeping your love alive. Both partners of the couple must be graduates of the week-long Hoffman Process.
- ***Path of Fierce Compassion & Forgiveness*** (<https://www.hoffmaninstitute.org/path-of-fierce-compassion-forgiveness/>) – This virtual 2-day experiential course will explore the meaning of true compassion and forgiveness for self and others. Forgiving others from a place of understanding that their behaviors are a result of their patterns is not the same as forgive and forget. By *forgiving and remembering*, rather than forgetting, we learn

discernment and healthy boundaries. In this course you will learn the power of taking full responsibility for your life, and experience greater emotional freedom.

- ***Spirit-Guided Visioning*** (<https://www.hoffmaninstitute.org/spirit-guided-visioning/>) – In this virtual 2-day program, you will learn how to vision powerfully and create an authentic life. The focus is primarily on your vision for the next year. Through experiential activities, involving your whole Quadrinity, you'll identify and transform patterns that interfere with your vision using the Cycle of Transformation.
- ***Virtual Graduate Q2*** (<https://www.hoffmaninstitute.org/spirit-guided-visioning/>) – The Virtual Graduate Q2 is our 3-day virtual program that takes a deep dive into Hoffman tools and practices. You will gain new insights, and practical ways to heal and empower your whole self.

### **In-Person Weekend Programs**

- ***Q2: Beyond Mom & Dad Graduate Intensive*** (<https://www.hoffmaninstitute.org/q2-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*** (<https://www.hoffmaninstitute.org/couples-retreat-2/>) – If you are in a romantic relationship with another Process grad, the weekend-long Couples Retreat teaches you tools and practices to support you and your partner. Get the passion, love, commitment, and joy you both deserve.

### **Transformation Circles**

Each Transformation Circle (<https://www.hoffmaninstitute.org/hoffman-transformation-circle/>) is slightly different, and allows you to intentionally *shift your cognitive narratives, emotional reactions, behaviors, and relationship to others, and better understand and connect* with those things that give you purpose and connection to something larger than yourself. Each Circle is limited to 6–8 participants and is led by a Hoffman teacher. Circles meet for 2 hours every 2 to 3 weeks for an initial 6 sessions.

### **Hoffman Community & Groups**

- ***Graduate Groups*** (<https://www.hoffmaninstitute.org/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 [gradsupport@hoffmaninstitute.org](mailto:gradsupport@hoffmaninstitute.org).

- **Graduate Reunions** (<https://www.hoffmaninstitute.org/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 [gradsupport@hoffmaninstitute.org](mailto:gradsupport@hoffmaninstitute.org) or call 800-506-5253.
- Contact the office to learn if there are graduates you can connect with in your city – 800-506-5253 or email [gradsupport@hoffmaninstitute.org](mailto:gradsupport@hoffmaninstitute.org).

*“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