

Information and Contact Numbers

For family and friends

We have recommended that your partner, friend or family member, who is about to participate in the Hoffman Process, gives the following information to you.

The Hoffman Process focuses on resolving issues and patterns of behaviour with the aim of establishing a new, positive outlook. To help accomplish this, while at the Process, participants will be taught to examine their past, take part in experiential exercises, guided meditations, anger release, journal writing, and other exercises to promote self-acceptance, forgiveness and personal growth.

The course takes place at a retreat centre, where up to 20 participants, with 3 facilitators stay for the week of the course. In order that they can fully focus on the work at hand, we ask that participants refrain from contacting their families, friends, or business associates during the week of the course. We also recommend that participants spend the two days immediately following the course on a personal retreat to complete Post-Process assignments.

Afterwards, you may notice a period of adjustment in the days and weeks following the course while your family member or friend is integrating insights and knowledge gained into his or her daily life. During that time, we encourage you to be open and honest about your own feelings, and to welcome whatever your family member wishes to share about his or her new experiences. We believe that you will notice a positive difference. We would also point out that, as a result of the shared experience, the course group will form a bond and will often stay in close contact following the course. The frequency of contact usually becomes less as time goes by. The initial group support is important and will hopefully be of long-term benefit in your family relationships.

If you have any concerns or questions, please do not hesitate to contact us on the numbers below

- Karen Abbs - Enrolment Supervisor Hoffman Institute Office (9am-5pm Monday to Friday): 01903 88 99 90 or email karen@hoffmaninstitute.co.uk
- Emergency on site mobile number during the Process (Saturday-Friday): +353 (0)87 1688265

If you would like to read more about the Hoffman Process, the book 'You Can Change Your Life' by Tim Laurence, will tell you more specifically about what techniques are involved. Please call the office for a copy. We also hold monthly Information Evenings at Regents University, Regents Park, London. Please see our website for future dates www.hoffmaninstitute.co.uk

With best wishes,

For the Hoffman Team