



THE HENDRICKS INSTITUTE PRESENTS

REBOOTING YOUR LIFE: RESOLVING TRAUMA AND COMING FULLY HOME TO YOU

With Kathlyn Hendricks, Ph.D. BC-DMT and Audrey Hazekamp, M.A., Master Coach

**A Six-Week Live Virtual Course Every Thursday from
August 20-September 24, 2020
4:00-6:00 pm Pacific Time**

SCHEDULE

Live, every Thursday via Zoom for the following six weeks:

August 20, 4:00-6:00 pm Pacific time

August 27, 4:00-6:00 pm Pacific time

September 3, 4:00-6:00 pm Pacific time

September 10, 4:00-6:00 pm Pacific time

September 17, 4:00-6:00 pm Pacific time

September 24, 4:00-6:00 pm Pacific time

TUITION, DISCOUNTS, CANCELATION POLICY

\$ 600 per person **through July 30, 2020**

\$ 825 per person **starting July 31, 2020**

\$400 per person for the following circumstances. *To receive this rate, you must meet the designation and enroll directly with our Enrollment Consultant, Nancy Stubbs – see below for her contact information.*

- Student (you must be a current and active-status student in a related program of study at the time of enrollment)
 - Military (Active or Veteran)
 - First Responder (currently/actively employed as an EMT, paramedic, firefighter, police officer; includes trained volunteer/seasonal wildland and municipal firefighters)
 - Graduates of our Leadership and Transformation (LAT) Program
 - Certified Big Leap Coaches
 - Repeat Attendees of Rebooting Your Essence (2019; same course with a slight title change for 2020)
- Cancellation Policy – 90% refund (10% withheld as a cancellation fee) of the training tuition paid.
 - Transfer Policy – 10% transfer fee will be assessed and depending upon which future training you choose, the Early Bird discount may be forfeited, requiring additional monies to meet the full tuition amount for that training.

REGISTRATION / INFORMATION / QUESTIONS

You may register online at <https://hendricks.com/seminars/> to access our on-line enrollment form, or call our Enrollment Consultant, Nancy Stubbs, at 1-800-688-0772, Ext. 1. Her email address is nancy@hendricks.com. Feel free to reach out to her with any questions about this training, the logistics, and more information about our other trainings.

HOW TO PARTICIPATE/ACCESS THE CLASS EACH WEEK

You will receive an email about a week before the start of the course with the Zoom link to join the course on the designated dates. Be sure to check your Inbox and Spam/Junk folders.

PREPARATION SUGGESTIONS

1) Before you attend the first session, consider what contributes to your feeling of ease, for example, fabrics, music, textures, colors, flavors and scents.

- We invite you to create a small portable nest of tangible items that support you to feel at home and cozy wherever you are.
- In addition, we request that you gather 1-5 images of essence and/or photos of you that illustrate and remind you of YOU at your core essence. We'll be sharing different ways to use these resources as the course develops.

2) Wonder Questions —Here are three questions to breathe and dance into before and during the seminar:

- Hmmmm... I wonder... what are my most familiar stories about trauma, and my most familiar stories about resolving/fixing/getting rid of trauma?
- Hmmmm... I wonder... how easily I can bridge surviving to thriving?
- Hmmmm... I wonder... how I can begin to prefer, and nourish, my experience of essence?

3) We suggest that you start a journal now to record dreams, images that pop up, familiar stories, big questions, and, most of all, your intentions. Please have your journal (or pages) with you for our gatherings.

4) To support the friendly environment we're co-creating, we request that you have **water** at hand and **creative implements that you enjoy, such as big paper, markers, etc.**

5) In addition, give attention to dressing in **clothing** that you like, that makes you happy and is comfortable to move freely.

PRE-SEMINAR RESOURCES

The Hendricks Institute website, www.hendricks.com, has a variety of useful resources, including books, videos, CDs and online courses.

We also recommend checking out our **Hearts in Harmony with Katie and Gay Hendricks** and **Foundation for Conscious Living** Facebook pages, and lastly, viewing our YouTube Channel for videos that will give you an orientation to our approach, <https://www.youtube.com/user/hendricksinstitute>

FIND US AND JOIN US ON SOCIAL MEDIA!

https://www.facebook.com/relationshipadvice/?sk=app_2392950137#/relationshipadvice

<https://www.facebook.com/fclconnect/>

<https://twitter.com/@fclconnect>

<https://www.linkedin.com/in/kathlyn-katie-hendricks-9395361/>

<https://www.instagram.com/bigleaphome/>

COMMITMENT FORM

The key to the work of The Hendricks Institute is commitment. Conscious commitment begins the process of positive change. Beginnings matter. To create the results you desire in your life by attending this event, it's essential to pause, read, digest, and sign the Commitment Form. We recommend that you bring it with you to inspire you to recommit as needed throughout the training. Celebrate your willingness to give yourself this experience 100%. There is no need to turn this in at the training. This form is for your reference and for your ongoing exploration!

THE KEY TO OUR WORK IS COMMITMENT

Conscious commitment begins the process of positive change. Modern definitions of 'commitment' include a pledge or promise to do something, and dedication to a long-term course of action: engagement, involvement. We have found several commitments to be extraordinarily powerful in allowing the process of change to happen gracefully and with maximum velocity. We invite you to embrace these commitments as your entry-gate to the creative possibilities of the work you do with us.

ONE

I commit to knowing myself authentically and completely. I commit to regarding every interaction as a learning opportunity. I commit to letting go of any of my defensive postures that inhibit rapid learning.

TWO

I commit to expressing myself authentically, and to being an opening in which others can express themselves authentically.

THREE

I commit to the masterful practice of integrity, *including* acknowledging all key feelings, expressing the unarguable truth and keeping my agreements.

FOUR

I commit to taking full responsibility for my feelings and the circumstances of my life, and to being a catalyst for others taking full responsibility. Specifically, I take complete responsibility for my physical, emotional and psycho-spiritual well-being.

FIVE

I commit to the full embrace and expression of my creativity, and to being a catalyst for the full expression of others' creativity.

Sign_____Date_____

Print Name _____

Training Dates_____Training Location_____