



...hoffman...

Gratitude as a Pathway to Joy

with Supervising Hoffman Facilitator **Eliza Meredith**

zoom

Zoom ID: 873-9259-4068

Wednesday 10 June

7.30-9.00pm UK

Hoffman Institute UK

Quay House

River Road

Arundel

West Sussex

BN18 9DF

+44(0) 1903 88 99 90

www.hoffmaninstitute.co.uk

This workbook or parts thereof may not be reproduced in any form without written permission from Hoffman Institute UK.

© 2020 Hoffman Institute UK All rights reserved.

Welcome

What's on offer

Thank you for signing up to our Hoffman webinar. This session is going to be led by Supervising Hoffman facilitator Eliza Meredith, and will focus on Gratitude.

During the webinar, Eliza will explore your relationship with gratitude (and what gets in the way of it), and review some practices to help you bring more of this quality of spirit into your life. There'll be time for questions.



What we ask of you

Our Zoom calls start at 7.30pm UK (you're welcome to log on from 7.15pm) and last until 9.00pm. Instructions will be given, but if you can, it's helpful to familiarise yourself in advance with how to mute/unmute your microphone, as there will be moments that require silence. For those taking part with video, it's also useful to know to switch from Speaker to Gallery view.

As with all Hoffman events, we ask that you respect the confidentiality of other participants at all times and treat other one another with courtesy and respect.

We will be recording an audio-only version of the webinar to share with other Hoffman grads who are unable to attend the live session. If you wish to remain anonymous, you are welcome to use the 'chat' function on Zoom to ask questions, rather than speak out loud. Your details won't be shared with others who are not taking part.

And one very important, non-technical bit - please make sure you have a notebook and pen!

What?

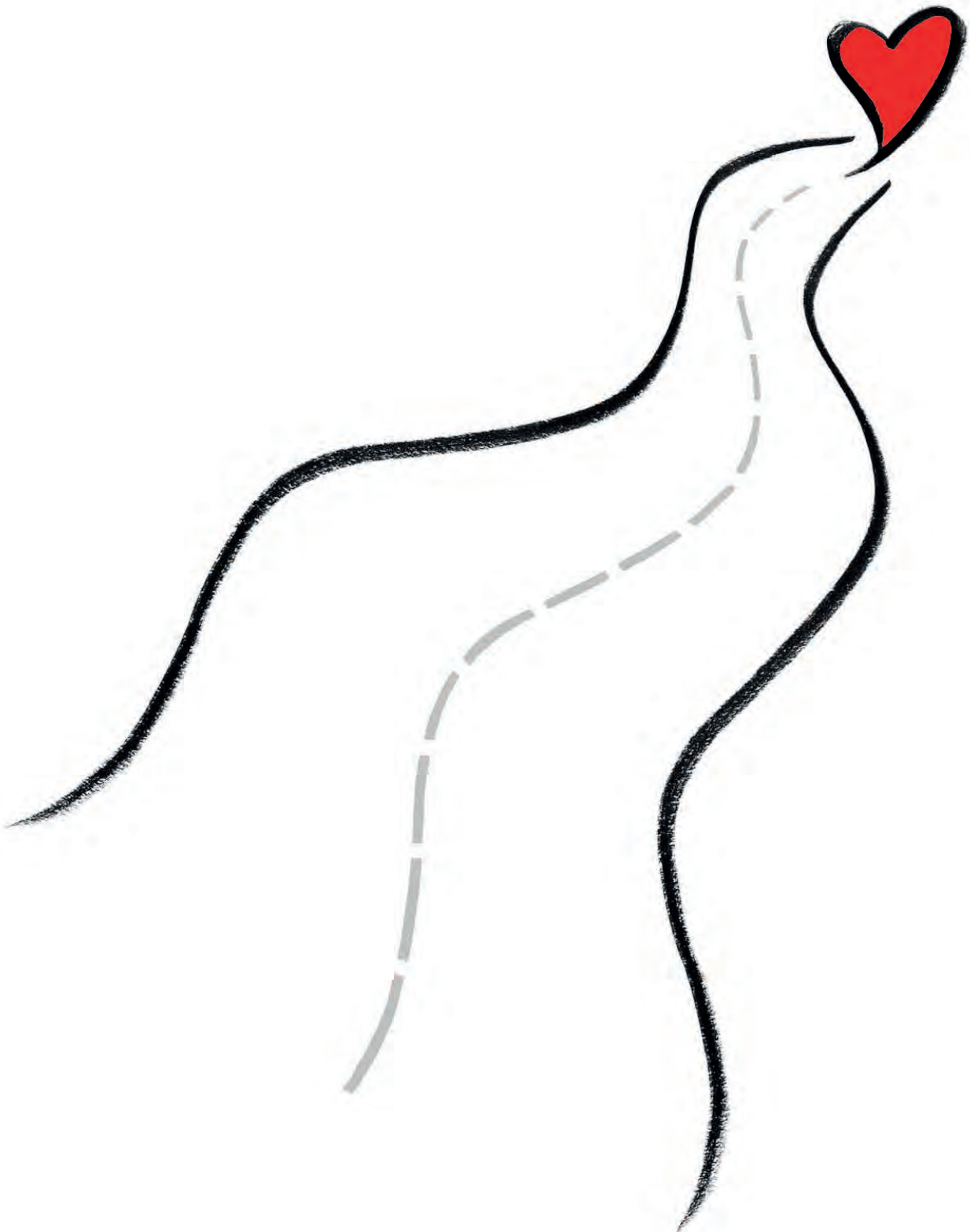
We hope that you will be inspired by this webinar to take part in similar events in future, as well as our daily Zoom Quad Check, which takes place every weekday at 8.00am. For details - as well as access to free visualisations, the Hoffman toolkit and more - visit: **hoffmaninstitute.co.uk/post-process-website**

Obstacles to Gratitude



'Beautiful souls are shaped by ugly experiences.'
~ Matshona Dhliwayo

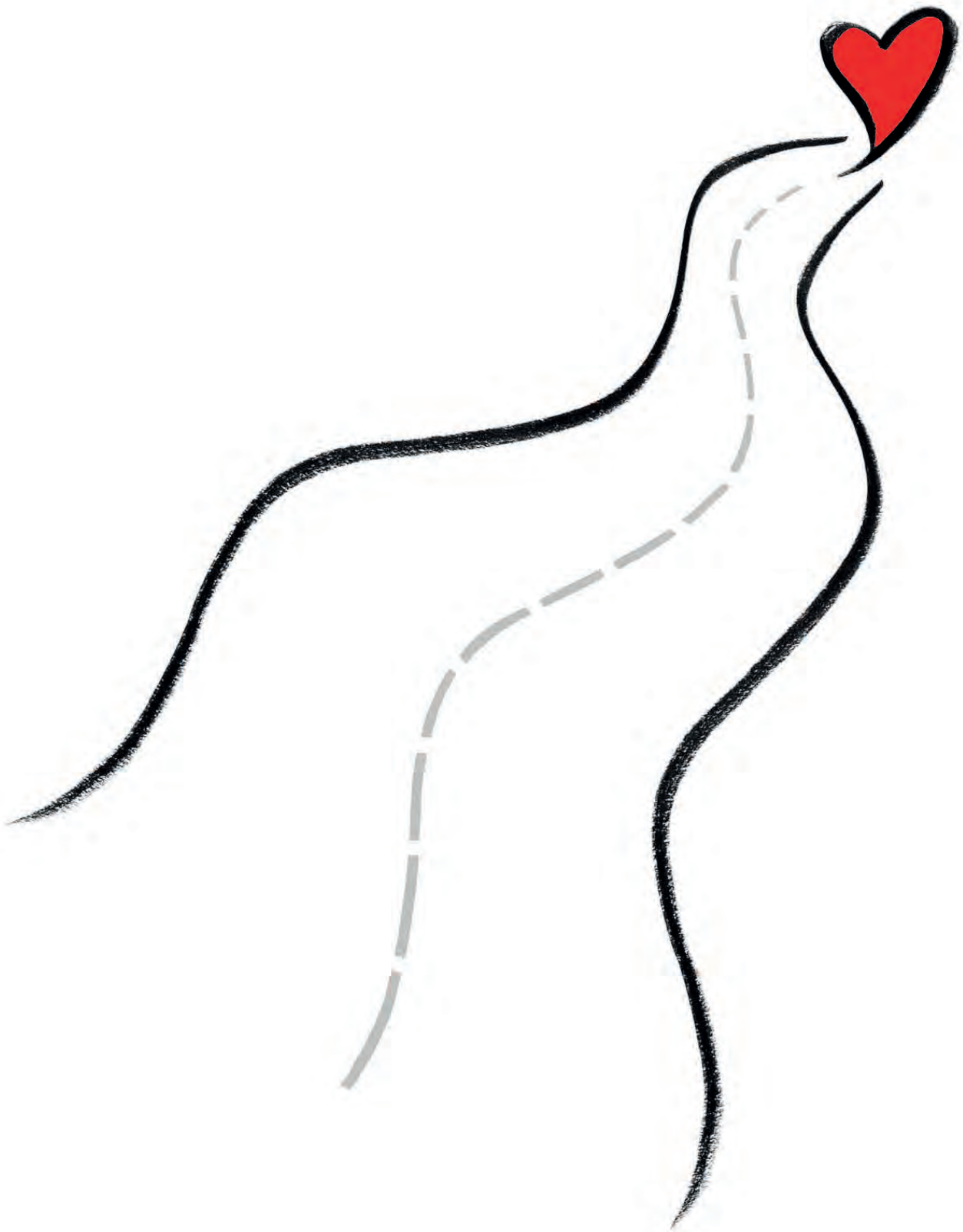
Gratitude as a Destination



Obstacles to Joy



Joy as a Destination



'I'm struck by how laughter connects you with people. It's almost impossible to maintain any kind of distance or any sense of social hierarchy when you're just howling with laughter. Laughter is a force for democracy.' ~ John Cleese

Newly-Identified Patterns

- Adopted directly from parent: Mother/Father/Surrogate
- Learned in Compensation or Rebellion to parent: M-R / F-R / S-R

Pattern		Authentic Alternative & New Way of Being



Thank you!

Thank you for taking part in the webinar. We look forward to welcoming you at future online workshops and events. Visit: hoffmaninstitute.co.uk/post-process-website or remember to keep checking our newsletter for details.

You'll find more tips on gratitude practices in the Hoffman toolkit on our website: hoffmaninstitute.co.uk/appreciations-gratitude

We'd also like to thank Eliza for hosting this webinar.

You can now book one-to-one Hoffman coaching with Eliza (and with other members of the Hoffman UK facilitator team) via our website: hoffmaninstitute.co.uk/book-hoffman-coaching

We're working remotely, but you can still get in touch:

By phone: +44(0)1903 88 99 90

By email: graduates@hoffmaninstitute.co.uk

On Facebook: Hoffman Process Graduates UK