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# The Cycle of Transformation

with Supervising Hoffman Facilitator Jeremy Kynaston

**zoom**

Zoom ID : 863-2007-2275

Wednesday 29 July

7.30-9.00pm UK

**Hoffman Institute UK**

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# 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 Jeremy Kynaston, and will look at the four distinct stages in the Cycle of Transformation and explore practical tools and practices that can be used at each stage.

## 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 next?

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](http://hoffmaninstitute.co.uk/post-process-website)



*Self-care is never a selfish act –  
it is simply good stewardship of the only gift I have,  
the gift I was put on earth to offer to others.  
Any time we can listen to true self  
and give it the care it requires,  
we do so not only for ourselves,  
but for the many others whose lives we touch.*

*~ Parker Palmer*

# The Cycle of Transformation: Four steps to change



## Awareness

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# Thank you!

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

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

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

if you have found value in this or any of our free Zoom sessions and feel moved to make a contribution to Hoffman's running costs, you can do this via PayPal directly into the account: [www.paypal.me/hoffmanuk](https://www.paypal.me/hoffmanuk)

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

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