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# Make hay while the sun shines

with Supervising Hoffman Facilitator Eliza Meredith

**zoom**

Zoom ID: 837-2803-9332

Wednesday 19 August

7.30-9.00pm UK

Hoffman Institute UK , Quay House, River Road, Arundel, West Sussex, BN18 9DF

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# Welcome

## What's on offer

Thank you for signing up to our Hoffman webinar. This session will be led by Supervising Hoffman facilitator Eliza Meredith, and will look at tools and practices to nourish and enhance our experiences of our Spiritual Self, using the themes of ripening and fruition.



## 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 Hoffman graduates 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.

Hoffman graduates are welcome at our monthly Wednesday webinars, as well as our Zoom Quad Check, which takes place on Mondays and Fridays 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) (the password is 'support').

*~ with love from the Hoffman team*



## What have I learned..?

*What have I learned about myself over these last few months?*

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*What have I learned about life over these last few months?*

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## Moving into Autumn

*What tools, practices and ways of being do I want to take forward into my life this Autumn?*

*Tools*

*Practices*

*Ways of Being*

**I commit to:**

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# Thank you!

Thank you for attending, and we look forward to welcoming you at future online workshops and events. If you don't already receive newsletters from Hoffman, you can sign up at: [www.hoffmaninstitute.co.uk/sign-up-for-newsletters/](http://www.hoffmaninstitute.co.uk/sign-up-for-newsletters/)

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

You can 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](http://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](http://www.paypal.me/hoffmanuk)

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## Get in touch:

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