



THE HENDRICKS INSTITUTE
PRESENTS

CULTIVATING NEW STORIES for HUMANITY

With Kathlyn Hendricks, Ph.D. BC-DMT

**A Year-Long Live Virtual Course
On Two Tuesdays Each Month**

from January 14, 2025 - December 23, 2025

9:00-10:30 am Pacific Time

SCHEDULE

Live via Zoom, two Tuesdays per month from 9am - 10:30am Pacific for a full year on the following dates:

January 14 and 28, 2025

February 11 and 25, 2025

March 11 and 25, 2025

April 8 and 22, 2025

May 13 and 27, 2025

June 10 and 24, 2025

July 8 and 22, 2025

August 12 and 26, 2025

September 9 and 23, 2025

October 14 and 28, 2025

November 4 and 11, 2025

December 9 and 16, 2025

PLEASE NOTE: Though all classes are recorded, live attendance in our courses is **highly recommended**. Our courses are experiential and include breakout sessions in small groups. If you do not attend class, you will be missing a large portion of the discovery process as well as affecting the experience of participants in the course.

Access to course materials will be provided electronically. Each course will have its own separate and private Might Networks group for continued learning and exploration.

REGISTRATION / INFORMATION / QUESTIONS

You may register online at <https://hendricks.com/seminars/>. Questions? Call our Enrollment Consultant, Michele Yasuda, at 1-800-688-0772 ext. 803. Her email address is enroll@hendricks.com. Feel free to reach out to her with any questions about this training, the logistics, and more information about our other trainings.

CANCELLATION POLICY

90% refund (10% withheld as cancellation fee) of the training tuition paid up until two weeks before the start of the course. No refunds will be given after midnight Pacific time two full weeks before the start of the course.

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. To support your learning and exploration throughout this course, we suggest you have **water** at hand for drinking, a notepad or journal, and writing implements (pens, pencils, colored markers).
2. In addition, give attention to dressing in clothing that you like, that makes you happy, and is comfortable and allows you to move freely.

PREPARATION RESOURCES

Upon registration, you will be gifted with the online self-study course, Essentials Online (a \$97 value). A link and password will be emailed to you. Be sure to check your Inbox and Spam/Junk folders for this email. Plan for 8-10 hours to complete this program in its entirety.

We recommend reading Gay Hendricks' best-seller, *The Big Leap: Conquer Your Hidden Fear and Take Your Life to the Next Level*. It's available for purchase/order through your favorite bookseller!

The Hendricks Institute website, www.hendricks.com, and The Foundation For Conscious Living website, <https://foundationforconsciousliving.org/>, have a variety of useful resources, including books, videos, CDs and online courses to support your ongoing learning experience.

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/hendricksinstitut>

FIND US AND JOIN US ON SOCIAL MEDIA!

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

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

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

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

COMMITMENT FORM

The key to the work of The Hendricks Institute is commitment. Conscious commitment begins the process of positive change. Beginnings matter.

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.

To create the results you desire in your life by participating in this event, it's essential to pause, read, digest, and sign the Commitment Form. We invite you to embrace these commitments as your entry-gate to the creative possibilities of the work you do with us.

We recommend that you keep it near you to inspire you to recommit as needed throughout the course. Celebrate your willingness to give yourself this experience 100%. There is no need to send your signed copy to us. This form is for your reference and for your ongoing exploration!

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 _____