

A vertical photograph on the left side of the page shows the silhouettes of three people standing on a beach at sunset. They are holding hands and have their arms raised in a celebratory gesture. The sun is low on the horizon, creating a warm glow and reflecting on the wet sand. The sky is a mix of blue and orange.

hoffman

When you're serious about change

ENROLMENT GUIDE

**CONGRATULATIONS ON
YOUR DECISION
TO CHANGE YOUR LIFE!**

We look forward to being a part of
your journey.



TABLE OF CONTENTS



03

HOFFMAN PROCESS INFORMATION

Meet our Team
What is the Hoffman Process
Venue
Travel Information
What to Bring
Document Checklist

08

AFTER THE PROCESS

Solo Retreat
Post-Process Saturday Tutorial
Ongoing Support

11

OTHER INFORMATION

FAQ
Book Recommendations

MEET OUR TEAM

FACILITATORS

The Hoffman Facilitators will support and encourage you through the Hoffman Process. They are available for individual counselling sessions before and after the Process. For more information please visit our website.



VOLKER KROHN
Director & Supervising
Facilitator



AMANDA AHERN
Senior Facilitator



JULIA BODKIN
Supervising Facilitator



ANNIE LOOBY
Senior Facilitator



CRAIG TUNNELL
Supervising Facilitator



**ADRIAN WILLIAMS-
BRETT**
Senior Facilitator



WHAT IS THE HOFFMAN PROCESS?

The Hoffman Process was founded in 1967 by Bob Hoffman. The Hoffman Process is a residential 7 day personal growth retreat that helps participants identify negative behaviours, moods and ways of thinking that developed unconsciously and were conditioned in childhood.

The Process is a life-changing program that will help you become conscious of and disconnect from negative patterns of thought and behaviour. Working on an emotional, intellectual, physical, and spiritual level, significant positive changes in your life are made possible. Through a visceral embodied journey, you will learn to diffuse habitual ways of thinking and behaving, align with your authentic self, and respond to life situations from a place of conscious choice.

The Process provides a safe and supportive environment in which you can first confront and experience your childhood pain, resentment and anger, and then evolve to deeper understanding, compassion and forgiveness.

BENEFITS FROM COMPLETING THE PROCESS

- Improve personal relationships
 - Renew vitality & enthusiasm
- Relieve anger, anxiety and depression
 - Connect to your authentic self
- Find compassion and forgiveness for self & others
- Develop leadership skills and more effectiveness at work
 - Cultivate a clearer sense of purpose
- Increase self-compassion and self-love
- Gain a better understanding of what motivates people's behaviours

VENUE

SANGSURYA RETREAT CENTRE



95 Old Bangalow Road, Byron Bay NSW 2481
Google Map Link: <https://goo.gl/maps/uhCAuXtaB2z>
www.sangsurya.com.au

Sangsurya Retreat Centre is located on the Arakwal Aboriginal land and offers a secluded environment on a tree-lined ridge only five minute's drive to the town centre of Byron Bay. It overlooks magnificent Tallow Beach with panoramic easterly views of the Pacific Ocean. Featuring cottage-style uniquely designed guest rooms and a freshwater swimming pool,

Accommodation is on a shared basis for participants of the same gender. Private rooms can be arranged subject to availability for an additional fee. Please contact the office for further information.

Please note Sangsurya is a smoke free venue.

ARRIVING AT SANGSURYA

Please arrive between 2 - 6pm on Friday. Registration is in the Dining area.

Dinner is from 7 - 8 pm. If you require dinner on the Friday night, please tick the dinner option on your Travel and Arrival Form.

If you have any arrival delays, please contact our Logistics Coordinator: 0493 133 427

Parking Information:

Free parking is available for the duration of your stay. On arrival, please park in the main carpark area located at the top of the driveway. You will then be given instructions on where to park your car for the week.

TRAVEL INFORMATION



AIRPORTS

There are two airports within an hours drive of Byron Bay. We highly recommend if possible flying into the Ballina (NSW) or Gold Coast (QLD) Airport. Brisbane (QLD) is also an option. However, it's approximately a 2-3 hour car ride from Byron Bay. If flying into Brisbane, we suggest to arrive on the Thursday or early Friday morning to allow for travel delays.

Daylight Savings

Please check for any time differences when booking your flights.

NSW Times & Date Changes:

www.timeanddate.com/time/change/australia/sydney

TRANSPORTATION

Participants are required to make their own travel arrangements to Sangsurya. The Hoffman Centre is unable to make bookings on your behalf.

The address to provide your transportation company is [95 Old Bangalow Road, Byron Bay NSW 2481](#)

Shuttle Bus:

[Byron Easy Bus](#)

Phone: 02 6685 7447

Bookings: www.byronbayshuttle.com.au

[Byron Bay Coastal Transfers](#)

Phone: 0476 237 408

Booking: www.byronbaycoastaltransfers.com.au

[Robs Transport Ballina](#)

Phone: 0418 274 264

Booking: www.robstransport.com.au

Taxi:

Ballina Taxi Service

Phone: 02 6686 9999

Private Car Transfer:

[Ballina Airport Transfers](#)

Phone: 0491767858

Booking: <https://byronbaytransfers.com.au/>

[Steve's Transport](#)

Phone: 0414 660 031

Booking: www.stevestransport.com.au

[Gillys Transfers](#)

Phone: 0477 215 943

Bookings: <https://gillystransfers.com.au/>

WHAT TO BRING

- ☐ Wet weather clothing e.g. rain jacket or umbrella
- ☐ Toiletries including shampoo, conditioner, soap etc
- ☐ Prescribed medication if required (a fridge is available if needed)
- ☐ Petty cash for Maxi Cab to take you to your Solo Retreat accomodation after the Process
- ☐ Casual, comfortable, loose, layered, clothing that's appropriate for exercise. Be prepared for a range of temperatures and weather conditions. Please bring enough clothing for the full week.
- ☐ Joggers or comfortable walking shoes, slippers or socks as the interior is shoe-free.
- ☐ Bring a favourite or special outfit appropriate for a festive occasion to wear to the closing ceremony
- ☐ **A photo of yourself as a child**
We ask you to bring a photo or photos of yourself between the ages of 4-10. This photo is simply there to act as a physical representation of you as a child. The photo remains in your possession. If you struggle to find a photograph, you may try drawing an image of yourself doing something you enjoyed as a child.
- ☐ **Mementos of your Mother and Father:**
Mementos are any object, such as a photo, jewellery or any item, new or old that reminds you of that parent. If you have absolutely nothing, you can draw a picture from memory of an object.

PROCESS DOCUMENT CHECKLIST



STEP ONE: ENROLMENT GUIDE

Enrolment Guide:

Please read this document. The enrolment guide includes FAQs regarding the Process and information about logistics including travel information and what to bring.



STEP TWO: CONFIDENTIAL ENROLMENT AGREEMENT

Confidential Enrolment Agreement:

Please complete and email this document to us within 48 hours.

If you are unable to digitally sign the document please print, sign and scan. Alternately, if you are unable to print we can provide a hard copy on request for you to initial and sign upon arrival.



STEP THREE: CATERING FORM

Catering Form:

Please complete and email back this document within 48 hours.



STEP FOUR: TRAVEL FORM

Travel Form:

Please complete and email back this document once you have booked your flights and accommodation for your Solo Retreat.



STEP FIVE: PRE-COURSE WORK & GUIDE

Pre-Course Work & Guide:

Please download and read the Pre-Course Work Guide before completing your Pre Course Work. We estimate the Pre-Course Work will take approximately 6-8 hours to complete. Please complete and return your Pre-Course Work at least 3 weeks prior to the start of your Process.



STEP SIX: PHOTO (HEADSHOT)

Photo:

Please email administration a photo of yourself. This can be a headshot or selfie.



STEP SEVEN: AUDIO FILES

Audio File:

Please download the audio files to your laptop or mobile phone. You will need the audio files for after the Process. If you are unable to download the files, the files can be listened to directly from our website (internet connection required)

AFTER THE PROCESS

POST PROCESS SOLO RETREAT



Plan to spend Saturday and Sunday after the Process by yourself to complete your Solo Retreat. The work you complete during the one or two days is very important and we encourage you to treat this time as precious. Experience has shown that having a weekend or even the Friday night free of commitments can help deepen your Process experience.

The Solo Retreat is best done in the vicinity of Byron Bay, so that you can attend the post Process Saturday Tutorial. We suggest for you to book your accommodation as soon as possible due to availability.

To book your accommodation please visit bookings.com or www.byronbayaccom.net

SATURDAY TUTORIAL

We will reconvene in Byron Bay town centre at 10am on Saturday morning for the Post-Process Tutorial which finishes approximately at 12:30pm. You have an opportunity to share your experience of being 'out in the world' again with your Process group and learn how to apply the tools of the Process.

If your accommodation is outside Byron Bay, please allow ample travel time as there can be traffic heading into town.

The venue information will be given to you on the last day of the Process.

ONGOING SUPPORT

Once you have completed the Process, ongoing support is available through the below options:

The Following Day & Weekend:

The following day, the whole group reconvenes at a venue in Byron Bay town centre for a 2.5 hour 'Tools Tutorial.

WhatsApp Group:

A WhatsApp group will be created, allowing yourself and other graduates from your Process to stay in touch. A consent form will be given for you to sign on the last day of the Process, if you wish to be included.

Weekly Honks:

You will receive an email from the Hoffman Centre each week for 10 weeks after the Process, which will include refresher information of the Hoffman tools, video links and book recommendations to help you stay connected after the Process.

The First Week:

A one on one coaching call with your Process Facilitator.

The Second Week:

A coaching call with your Process Facilitator and Small Group.

The Third Week:

A coaching call with a Process Facilitator and all Process participants.

Coaching and Psychotherapy

Hoffman Facilitators & Associates are available for one on one post Process coaching &/or Psychotherapy. These sessions can be face-to-face, online or over the phone. Fees apply.

Social Media:

Connect with us via our Facebook and Instagram page. Facilitators, Volker Krohn & Annie Looby host guided meditations every Monday morning that can be accessed any time on our Instagram page.



www.facebook.com/HoffmanCentre



[@hoffmanprocessaustralia](https://www.instagram.com/hoffmanprocessaustralia)

FAQ

How do I prepare myself physically to get the most out of the week?

In order to gain the most from the course, we ask that you refrain from alcohol and from taking any recreational substances (which may affect your concentration, moods or your ability to access your feelings) for at least two weeks before the course starts and throughout the duration of the course. If you have an 'active addiction' to a substance, please contact your Enrolment Consultant to discuss.

Can I arrange for a 'handover' between the Hoffman Facilitator and my Therapist?

Yes. We fully support you remaining in contact with your Therapist after the Process, and have Hoffman Process guidelines for Professionals that we can send to them in advance of you attending the course. With your permission, we offer a 'handover' from your Hoffman Facilitator to your Therapist.

Can I speak to a Hoffman Facilitator about specific aspects of my childhood before the Process?

If you would like additional support prior to the Process, please contact your Enrolment Consultant to discuss.

Can I speak to my children or contact work during the Process?

We ask you not to have any contact with the outside world. This is to help you focus on the work that you are doing. If you have young children, please talk to your Facilitator about an appropriate time to make contact.

Why do I need a childhood photograph and what happens if I don't have one?

We ask you to bring a photo or photos of yourself between the ages of 4-10. This is simply there to act as a physical representation of you as a child. The photo remains in your possession. If you struggle to find a photograph, you could bring a drawing of yourself.

What do you mean by mementoes of my parents and what happens if I don't have any?

At a certain point in the Process, we ask you to look at your parents and remember them vividly. It helps if you have a physical representation of both of them and deepens your connection to them. Mementos are any object, such as a photo, jewellery or any item, new or old that reminds you of that parent. If you have absolutely nothing, you can draw a picture from memory of an object.

Why should I spend the weekend following the Process free from commitment?

The work you complete during the one or two days is very important and we encourage you to treat this time as precious. Experience has shown that having a weekend or even the Friday night free of commitments can help to integrate and deepen your Process experience.

BOOK RECOMMENDATIONS

INSPIRATIONAL READING

- You Can Change Your Life by Tim Laurence
- Everything I've Ever Learned About Love by Lesley Garner
- Affluenza by Oliver James
- How not to F*** Them Up by Oliver James
- Love Bombing by Oliver James
- The Optimum Nutrition Bible by Patrick Holford
- The Mind-Body Bible by Dr Mark Atkinson
- Your Soul's Compass by Dr Joan Borysenko
- The D Word by Sue Brayne
- Falling in Love, Staying in Love by Malcolm Stern
- Ghosts by Daylight by Janine di Giovanni
- The Seed Handbook by Lynne Franks
- Soul Lessons by Sonia Choquette
- Dark Side of the Light Chasers by Debbie Ford
- How to Coach with NLP by Robbie Steinhouse
- The Power of Now & Practicing the Power of Now by Eckhart Tolle
- A New Earth by Eckhart Tolle
- Loving What Is by Byron Katie
- Rising Strong & Daring Greatly by Brene Brown
- Healing the Shame that Binds You by John Bradshaw
- How to be an Adult in Relationships by David Richo
- When the Past is Present by David Richo
- Getting the Love you Want by Harville Hendrix (for couples)
- Keeping the Love you Find by Harville Hendrix (for singles)
- Wisdom of the Enneagram by Riso and Hudson
- Facing Love Addiction by Pia Mellody
- Co-Dependency No More by Melody Beattie
- The Social Animal by David Brooke
- The Artist's Way by Julia Cameron
- A General Theory of Love by Thomas Lewis, Fari Amini and Richard Lannon
- Non Violent Communication by Marshall Rosenberg