

2026

ANNUAL TRAINING & RETREAT SCHEDULE

All programs are conducted on Zoom

JAN-JUN

JANUARY

- Mental Freedom® Experience starts Jan 7 | 9-11 AM Central
- Writers Group | Jan 26 | 7-9 PM Central
- Choice Theory® Advanced Practicum begins Jan 30 | 11 AM-2 PM Central (6 sessions)

FEBRUARY

- Relationship Reset | Feb 7 | 9 AM-4 PM Central
- Writers Group | Feb 23 | 7-9 PM Central

MARCH

- Mental Freedom® Conference | Mar 14 | 9 AM-4 PM Central
- Writers Group | Mar 30 | 7-9 PM Central

APRIL

- Mental Freedom® Experience starts Apr 8 | 2-4 PM Central (6 sessions)
- Writers Group | Apr 27 | 7-9 PM Central

MAY

- Academy of Choice® 30-hour program starts May 5 | 1-4 PM Central (10 sessions)
- Writers Group | May 18 | 7-9 PM Central

JUNE

- Mental Freedom® Experience starts Jun 10 | 7-9 PM Central (6 sessions)
- Writers Group | Jun 29 | 7-9 PM Central

JUL-DEC

JULY

- Mental Freedom® Retreat (for those already certified in Mental Freedom®) | Jul 11 | 9 AM-4 PM Central
- Basic Intensive Choice Theory® Training starts Jul 23 | 9 AM-12 PM Central (8 sessions)
- Academy of Choice® 60-hour & 120-hour programs start Jul 23 | 9 AM-12 PM Central (10 sessions)
- Writers Group | Jul 27 | 7-9 PM Central

AUGUST

- Advanced Intensive Choice Theory® Training starts Aug 13 | 1-4 PM Central (8 sessions)
- Writers Group | Aug 31 | 7-9 PM Central

SEPTEMBER

- Mental Freedom® Certification starts Sep 7 | 10 AM-12 PM Central (6 sessions)
- Writers Group | Sep 28 | 7-9 PM Central

OCTOBER