



Welcome to the Awaken Training!

**JANUARY 27 – 30, 2022
POMONA, CA**

Welcome!

Your attendance at the upcoming Awaken Training is confirmed.

It will be held at:

DOUBLETREE BY HILTON IN POMONA
3101 W. Temple Avenue
Pomona, CA 91768

Discounted Room Block:

****Rooms at \$145/night available up until Jan. 5th.*

Call (909) 594-0666 at the DoubleTree by Hilton in Pomona and the Group Code is: GAP

Times & Dates:

January 27 – 30, 2022

Thursday: 10am – approx. 10:30pm

Friday: 10am – approx. 10:30pm

Saturday: 10am – approx. 10:30pm

Sunday: 9am – 6:30pm

Awaken takes place over four consecutive days and you must attend the entirety of the training in order to attend.

There is an optional follow-up Grad Support Workshop on Saturday, February 5th from 9:00 a.m. – 11:30 a.m. at 320 S. Thomas St, Pomona CA 91766 and on Zoom.

While in the training, you will have the opportunity to engage in interactive exercises, lecturettes, small group and one-on-one conversations. Breaks are approximately every 2-3 hours, with an extended dinner break.

If you have any questions, please contact the Training Sponsor:

Marla Neighbour

Pomona, CA Awaken Sponsor

m: (909) 730-3888

e: marla@gapcommunity.com

AWAKEN REQUIRED ONLINE FORMS

Included is a link below to forms that you need to fill out prior to the Training and submit completed, along with any necessary signatures in order to attend the training:

These required forms are found at: www.gapcommunity.com/awakenforms

Everyone will complete the Awaken Training required form to be able to enter the training room on day one.

An online physician's release form may be required with a physician's e-signature depending on certain medications taken in the last 5 years which are outlined in the medical questionnaire portion of the above form.

If you haven't already, you will soon be receiving a call from one of our GAP team members who will be setting up a standard pre-training Support Call based on your availability for up to one-hour of uninterrupted time. They can also assist you with any questions you might have about the forms as well.

****No one is admitted to the Training unless the 1 (or 2, if needed) forms are completed and turned in.****

Here are some practical suggestions for your participation in the Training:

1. The training starts at 10:00 a.m. on Thursday, Friday, Saturday and Sunday. We suggest you arrive 9:30 a.m. on the first day to allow time to find the room, check in, get your name tag, and settle in.
2. We recommend you eat a substantial breakfast and bring a snack. There will be breaks during the day, which will include a dinner break of approximately 1½ hour.
3. You may want to bring a lunch, as there may not be enough time to eat at a restaurant.
4. If you have any medical needs that may affect your participation in the training, please call us as soon as possible.

5. Dress comfortably and casually. We suggest that you bring a sweater.
6. Please review the Ground Rules that you will be asked to honor.
7. We typically have an in-person graduation open to friends and family for the final hour for the Sunday Celebration from 5:30 p.m. – 6:30 p.m. on Sunday, January 30th at the training room in the Doubletree by Hilton in Pomona.

SUPPORT CALLS

Soon, you will receive a telephone call from a team member to set up a Support Call. Your Support Call is a dedicated time for discussing your registration form, the areas where you want clarity in your life, and your purpose in attending the training. The caller will also review with you the forms that follow in this packet. This call is extremely important, and we encourage you to prepare for it by thinking about your reasons for attending the Awaken Training and what three areas you want clarity in your life. These calls typically take place starting 4 weeks prior to the training date.

GRADUATE WORKSHOP

Also, after the Training, you are invited to attend a Graduate Workshop designed to support you in implementing the distinctions and practices you learn in the seminar into your daily life. The Graduate Workshop is complimentary and optional, but highly encouraged. Zoom will also be available for those out of area.

Saturday, February 5th

9:00am – 11:30am

Location: The Humanity Loft – 320 S. Thomas St, Pomona CA 91766

DONATION OPPORTUNITY

Please note that your registration fee is used to cover our local costs in having the training. On the final day of Awaken, we will be receiving a contribution to support GAP Community's ongoing efforts to provide additional products and services to you and others.

NEAREST AIRPORT(S) TO FLY INTO

ONTARIO AIRPORT

Approx. 3 miles from the training location

LAX

Approx. 58 miles from the training location

HOTEL(S) AT OR NEAR THE TRAINING FACILITY

The training location:

DoubleTree by Hilton in Pomona (5-star rating)
3101 W. Temple Avenue
Pomona, CA 91768
[\(909\) 594-0600](tel:(909)594-0600)

****Rooms at \$145/night available up until Jan. 5th.*

Call (909) 594-0666 at the DoubleTree by Hilton in Pomona and the Group Code is: GAP

Sheraton Fairplex Hotel in Pomona (5-star rating)
601 W McKinley Ave, Pomona, CA 91768
[\(909\) 622-2220](tel:(909)622-2220)
Avg. Room Rate: \$159/night

La Quinta Inn & Suites by Wyndham Pomona (4-star rating)
3200 W Temple Ave, Pomona, CA 91768
[\(909\) 598-0073](tel:(909)598-0073)
Avg. Room Rate: \$106

Comfort Inn Pomona near Fairplex (4-star rating)
1421 S Garey Ave, Pomona, CA 91766
[\(909\) 620-0099](tel:(909)620-0099)
Avg. Room Rate: \$107

DINING ESTABLISHMENTS NEAREST TO THE TRAINING FACILITY

There are over a dozen dining options within a .5 to 1-mile radius.

GAP Community's Awaken Training Course Outline

Congratulations on your determination to participate in The Awaken Training! This could be a life changing decision. This course description is designed to assist you in assessing the appropriateness of your participation in the Training at this time. The Questionnaire and Personal Assessment forms that follow provide us with necessary information so that we can make sure you are best supported to receive maximum value from the Training.

Please read this outline carefully and keep it for future reference. We can present this course effectively only if you take full responsibility for your participation and well being. We believe that those who benefit most from The Awaken Training are adults whose lives are already working well.

Training Description

Structurally, The Awaken Training is a Christian, action-oriented education program that is designed to assist you in dealing with important life issues in a frank and personal way. You will be encouraged to participate fully, which may be challenging, stressful, and/or generally uncomfortable for some participants.

There is a high level of interpersonal activity in the Training, so read the following materials carefully and make your decision to participate accordingly.

The learning process of the Training includes a variety of formats. If, in reading the following descriptions, you have any concern about your ability to participate without excessive discomfort, we recommend that you reevaluate your decision to take the course.

Schedule

The training starts at 10:00 a.m. on Thursday, Friday, and Saturday. Sunday, the final day, starts at 9:00 a.m. We suggest you arrive 9:30 a.m. on the first day to allow time to find the room, check in, get your name tag, and settle in. The first three days run until approximately 10:30 PM. There is a graduation celebration on Sunday evening at approximately 2:00 PM for Awaken Training graduates only, and then a celebration that is open to the public at 5:30pm, which you are encouraged to invite family and friends. The celebration will conclude by 6:30pm on the final day. There will be short meal breaks each day.

We recommend that you eat a sustaining meal each morning before the Training and that you bring a sack lunch each day for the short lunch times.

It is important that you take responsibility for getting enough rest and nutritious food during the Training. We strongly recommend that you do not fast during this time. Do not schedule other obligations (i.e., job, school, and so forth) from Thursday through Sunday.

Insurance Information

Due to the recent, dramatic increases in the cost of liability insurance, The Awaken Training is unable to secure this type of coverage. One of the three required Awaken forms prior to attending the training is called the Hold Harmless. In this form, you will be asked to sign a standard release agreeing to assume full responsibility for your participation in the Training, agreeing not to sue GAP Community or our Sponsor, and agreeing to settle by arbitration any dispute that may arise. If you choose not to sign the form, you may participate in the Training for a payment of an additional \$300.00. If you have any questions, you can contact the GAP Director of Communications at (909) 730-3888.

Disclaimer

The Awaken Training is an educational program. It is not psychotherapy or medical therapy. The Training is not intended to substitute for psychotherapy, therapy, or counseling in general. We are not trained to treat psychological problems. The Training staff and trainers are not qualified to provide expert treatment to an emotionally or psychologically distressed person.

The Training is not a psychological support group or a therapeutic environment. Psychological disorders, such as phobias and schizophrenia, are not addressed in the Training. If that is what you are looking for, the Training neither can, nor will, serve you.

People who mistake the Training for an alternative to therapy may experience adverse consequences. If you have, or believe you may have, a problem requiring psychological treatment, please do not attend the Training. We urge you to consult a qualified professional.



GROUND RULES

THE NATURE OF EVERY ORGANIZATION,
ACTIVITY AND GAME IS DEFINED BY ITS RULES. THE FOLLOWING GROUND
RULES ARE INTEGRAL TO THE SUCCESS OF THE TRAINING.

1. Maintain absolute confidentiality of other people's experience.
2. Be on time. A one-minute warning will be given: be in your seat at the end of the one-minute.
3. Ask questions, talk and share only when acknowledged by the

Trainer(s) or during designated sharing periods. Do not side talk.

4. Eat, chew gum and drink beverages outside the training room only.
5. Complete the training.
6. Wear your nametag visibly at all times during the training. Turn your nametag in at meals and at the end of each day.
7. Keep cell phones off inside the training room.
(Note emergency number posted on the door.)
8. Hold each other to the ground rules.