

Welcome as a new Trainee of The International Focusing Institute.

A **trainee** is someone who is currently training with one of our Coordinators.

Joining as a trainee as you begin your training with _____ will help to establish and broaden your connection with the International focusing community. The International Focusing Institute (TIFI) is the central hub and a major resource (our website: Focusing.org) to find all sorts of Focusing information and make connections.

You will be listed in our member search.

Your member benefits as a trainee include: Access to our free members only workshops called **Roundtables** and **Cafecitos** (for Spanish speaking members). These programs are offered approximately once per month and fill quickly so watch your email for announcements. Many additional workshops are offered with a member discount. Access to **Trainer Talks** – prerecorded programs on a variety of topics created by our membership committee.

Joining as a trainee supports the work you do by staying connected to Focusing through the Focusing community, reading our newsletter *In Focus*, and getting a sense of what direction your Focusing might take you as you read how others have incorporated Focusing into their professions or lives.

Joining The International Focusing Institute helps support the mission to spread the knowledge of Focusing so that people worldwide can benefit from the wisdom they hold within.

We hope at the conclusion of your formal training you will join us at the annual [Advanced and Certification Weeklong](#). This advanced workshop celebrates ready (and nearly ready) to be certified trainees and includes a lovely awards ceremony. We encourage Coordinators to attend with their trainees. Attendance is not mandatory for certification but is a wonderful retreat to celebrate your accomplishment and to make connections with Focusers from all over the world.

Please do not hesitate to contact us with questions you may have along the way.

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