What does it take to have an extraordinary life?

The Landmark Forum
In independent research, more than 94% of participants surveyed reported that The Landmark Forum made a profound and lasting difference in their lives.

To date, more than 2,200,000 people have participated in The Landmark Forum.

- Experience a positive, permanent shift in the quality of your life
- Redefine the very nature of what’s possible
- Create a future of your own design

I have yet to see anything else that has such a positive impact on people’s ability to relate, communicate, and perform as Landmark.

Paul B. Fireman, Founder and former Chairman/CEO, Reebok International, Ltd.
What is The Landmark Forum?

a powerful, accelerated learning experience

I probably received one of the best educations possible—Harvard, Duke, Yale—but the single course that made the biggest difference in my ability to live a happy, effective, and fulfilling life was The Landmark Forum.

Keith Berger, M.D.

Not a lecture, but a guided dialogue between the instructor and participants, The Landmark Forum is specifically designed to bring about positive and permanent shifts in the quality of your life—in just three days. These shifts make available a new and unique kind of freedom and power: The freedom to be absolutely at ease no matter where you are, who you’re with, or what the circumstance—the power to be in action effectively in those areas of your life that are important to you.

Participants overwhelmingly say that The Landmark Forum yields not mere insights or improvements, but results that expand and unfold over time.

More than 2.2 million people worldwide have taken The Landmark Forum. Educated, successful, ranging in age from students to seniors, Landmark Forum participants are people just like you.
more like coaching than teaching,
more like conversation than lecture

A Different Kind of Education
Standard educational methods often leave you having to remember the concepts you were taught or trying to figure out how to apply them. The Landmark Forum leaves you applying what you learned naturally and without effort. Similar to riding a bicycle, in this program you learn by direct personal discovery—a moment occurs when a new ability is yours, you become confident in what you’ve learned, and that new ability is yours forever.

For a day-by-day description, see the course syllabus or visit www.landmarkworldwide.com. You can register online or by contacting any local Landmark office.

Designed to Deliver
The Landmark Forum is conducted over three consecutive full-day sessions (generally Friday, Saturday, and Sunday) and one evening session. Typically, each full day begins at 9:00 a.m. and ends at approximately 10:00 p.m. The evening session (generally a Tuesday) runs from 7:00 p.m. to 10:15 p.m., and some locations vary. Breaks are approximately every two to three hours, with a 90-minute dinner break.
Conducted by Experts
Dynamic and effective, Landmark Forum leaders are considered the best in the industry. Their extensive training includes three to seven years of full-time, rigorous study, preparation, and practice. They consistently receive top ratings from program participants for their ability to communicate, listen, and powerfully deliver the courses.

To find out more, we invite you to attend one of our weekly introductory sessions or view the introductory video at www.landmarkworldwide.com. Both feature a comprehensive explanation of The Landmark Forum, its benefits, and how it works.

In independent research, participants were surveyed about the degree of value they received from The Landmark Forum:

- **Has specific practical value for many aspects of my life**: 95%
- **Likely to have enduring value for me**: 94%
- **Well worth my time and effort**: 93%
- **Makes me better prepared for new situations that may arise in the future**: 93%

In addition to those benefits participants expected to receive, they reported some entirely unexpected benefits, including:

- More satisfaction and enjoyment with their jobs
- Better relationships with co-workers, families, and friends
- Increased ease and confidence
- New ability to be fully self-expressed

Daniel Yankelovich, Social Scientist and Public Opinion Analyst
A fundamental principle of Landmark’s work is that people—and the communities, organizations, and institutions with which they are engaged—have the possibility not only of success, but also of fulfillment and greatness. The ideas, insights, and distinctions on which Landmark’s programs are based make Landmark a leader and innovator in the field of training and development.

People from six continents and all walks of life participate in Landmark’s programs. These programs have been widely recognized as innovative, relevant, and immediately effective. They challenge conventional perspectives and decision-making patterns, and provide new tools for effecting significant change—shifting the very nature of what is possible. The programs are designed to address a wide range of specific interests, including producing breakthrough results and new levels of personal fulfillment in your work, home, and community.

The work of Landmark is the product of extensive research and development in individual and organizational effectiveness and communication. Landmark’s leading-edge educational methodology enables people to produce extraordinary results and enhance the quality of their lives.

Find out more about Landmark, or search for programs worldwide: www.landmarkworldwide.com
Landmark is becoming a global brand name with more than 50 offices worldwide and over 2,200,000 people having taken The Landmark Forum. . . .

*Time Magazine

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DALLAS/FT. WORTH 1-972-385-1800

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UTAH
SALT LAKE CITY 1-801-531-1094

VIRGINIA
WASHINGTON, D.C. 1-703-823-2255

WASHINGTON
SEATTLE 1-206-545-3730

To register, or for more information, call your local office, or visit: www.landmarkworldwide.com

*Updated to reflect current 2012 numbers.
No matter what you do for a living or what your priorities are in life—whether you’re a teacher or a physician, whether you’re considering buying a home or you’re raising a family—Landmark makes a profound and lasting difference in your life.

Bert Petersen, Jr., M.D., FACS
International Cancer Surgeon

Any description of The Landmark Forum will fall far short of doing it justice. If you want a life that is extraordinary . . . do The Landmark Forum.

The Sydney Tribune

Winning a gold medal at the Olympics was extraordinary, and when I did The Landmark Forum I realized I could have that same level of accomplishment, fulfillment, and joy in every part of my life.

Natalie Cook
Olympic Gold Medalist

Air, food, water, The Landmark Forum.

Anything you want is possible with this course. I’m a comedian, my JOB is to poke holes in things, prove they don’t work, then make jokes about them. The Landmark Forum works, no joke.

Christopher Titus
Actor and Comedian

After retiring from the NBA, I wanted to make a difference in my native Serbia. Through my participation in The Landmark Forum, I went from wanting to make a difference to actually taking the actions that make a difference.

My organization, Humanitarian Organization Divac, now assists refugees in Serbia in rebuilding their homes and villages.

Vlade Divac
Former NBA Center, Los Angeles Lakers
Founder, Humanitarian Organization Divac

The Landmark Forum has made an enormous difference in my ability to relate to my family, children, friends, colleagues, and people in the community. While The Landmark Forum isn’t psychology, it has greatly contributed to my effectiveness in my practice and every other area of my life.

Patricia Reid-Porter, Psy. S.
Clinical and Educational Psychologist

This is basic training for the mind, the heart, and the soul. It is the most positive, transforming experience I’ve ever been a part of.

Alan Menken
8-time Academy Award®-Winning Composer

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