



THE
TRANSFORMATION
GUIDE COMPANY

A Guide and Journey to

MENTAL AND EMOTIONAL
FREEDOM, SELF-MASTERY,
AND SPIRITUAL GROWTH

**An 8-Week
Transformational Workshop**

Sept 21–Nov 16, 2026

Calgary, Alberta

*Dare to be yourself and
become all that you can be*



Are you Ready for a Different Way Forward?

This transformational workshop is for those ready to release limiting beliefs, move beyond patterns rooted in fear and past pain, and build a deeper relationship with themselves and the Source.



Throughout the journey, you will be invited to:

- ☀ Recognize beliefs and stories that may be holding you back.
- ☀ Develop greater self-awareness, forgiveness and self-trust.
- ☀ Learn practical tools for emotional freedom and self-mastery.
- ☀ Deepen your awareness of guidance from the Source within a supportive circle.

About the Transformation Journey

Developed over an 11-year period and refined through more than three decades of personal practice, The Transformation Journey began with founder Douglas Craig's desire to become free from what he describes as "the prison of my own mind."

At the heart of the program is the power of observation: learning to see life from a different perspective, recognize guidance from the Source and respond with greater awareness, faith and personal responsibility.

Through the program, Douglas has helped hundreds of people move beyond fear and pain toward greater self-awareness and personal freedom.

"The origin of this course came from a desire to be free of the prison of my own mind."

— **Douglas Craig**

Founder, Author & Program Guide

What You Will Experience

Across eight weekly sessions, each part of the journey builds on the last. Participants are guided through reflection, group conversation and practical exercises designed to support meaningful personal and spiritual growth.

Together, you will explore:

- ☀ How beliefs and past experiences influence the present.
- ☀ Self-observation without judgement.
- ☀ Forgiveness, self-compassion and self-trust.
- ☀ How to recognize and respond to inner guidance.
- ☀ Practical tools that can support continued growth beyond the workshop.

Each participant is welcomed into a respectful and supportive circle where every voice matters.

Workshop materials included:

Guided workbook and supporting reference textbook



Meet Your Guides

Meet the guides who will lead you through the eight-week journey.



Douglas Craig

Founder, Author & Program Guide

Douglas developed The Transformation Journey over an 11-year period and has practised its principles for more than three decades. As founder, author and program guide, he brings extensive personal experience and a deeply held belief in the power of awareness, faith and personal transformation.



A.J. Kolankowski

Transformation Guide

A.J. is a transformational guide, speaker and father who has spent decades exploring religion, philosophy, poetry and personal growth. After years of seeking fulfilment outside himself, he was introduced to Doug and The Transformation Guide, beginning a profound inside-out transformation. Today, he draws on his lived experience, marketing skills and compassion to support others through meaningful personal change.

"What happens between us, is more important than who we are." - AJ Kolankowski

Reserve Your Place

WORKSHOP DETAILS

Mondays | Sept 21-Nov 16, 2026. No class Oct 12

6:30-9:00pm | Doors open at 6

Calgary Centre for Spiritual Living | 4411 Manitoba Road S.E., Calgary

REGISTRATION

***Early Registration: \$300** | Pay by Sept 11 - non-refundable

Regular Registration: \$500 | \$100 non-refundable deposit required

Limited to 25 participants

To register or request information:
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E-transfer payments:
guide@guide2transform.com

Questions?
403-400-5857

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