

# DEVELOPING A POSITIVE RELATIONSHIP WITH MYSELF

Six Months Online Growth Group Program



The way we truly see ourselves impacts

- The way we relate to ourselves
- Our self-confidence
- The way we relate to life, others, conflicts
- Our ability to stand up for our needs

Developing a positive relationship with ourselves is therefore the “return to basics” that can help us develop our strength to be fully authentic, our

self-confidence, our ability to feel relaxed and fulfilled, happy with ourselves and in our relationships. Doing this work as a group will also help boost your motivation and is a great support for growth.

## In this 6 months program you will:

- Discover where your current relationship with yourself comes from
- Observe what can impact negatively your relationship with yourself
- Explore what can help you have a fully authentic and loving relationship with yourself

## Benefits of this program:

- Boost your self-esteem and self confidence
- Increase your ability to be fully authentic in your relationships
- Strengthen your ability to stand up for yourself and face criticism or conflict
- Improve your capacity for self-fulfillment
- Feel stronger and more resilient

Program scheme: 6 online meetings of 1h45 minute each.

Price: \$70 per session or \$390 if you pay upfront for the 6 meetings (a saving of \$30)

When: on Mondays Feb 15<sup>th</sup> 2021, Mar 15<sup>th</sup>, Apr 19<sup>th</sup>, May 17<sup>th</sup>, Jun 21<sup>st</sup> and Jul 19<sup>th</sup> 2021-  
From 8pm to 9:45pm