



Overcoming PEOPLE-PLEASING

VIRTUAL GROUP

This group will focus on addressing a range of feelings and behaviors related to people-pleasing that are having an impact on one's personal, professional and/or family relationships. This space is for you if you're seeking an emotionally safe and warm environment that will support you in:

- Setting boundaries with others and developing the capacity to say "no" while preserving your identity as a kind person.
- Feeling empowered to assert yourself by having difficult conversations without being perceived as difficult.
- Appreciating and expressing your own personal needs without feeling anxious, selfish or guilty for doing so.
- Uncovering your underlying feelings and protective mechanisms that lead to the manifestation of people-pleasing behaviors.

WHO

Group will be comprised of a maximum of eight members and serve adults from diverse backgrounds.

WHEN

12 Weeks
Starting on Tuesday,
September 12th, 2023
from 7pm - 8pm

COST

\$75 per weekly one hour group session plus one-time \$100 fee for initial 30 minute intake assessment.

DETAILS

Contact:
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GROUP FACILITATOR

Zachary Schwartz, LCSW
Certified Clinical Supervisor, Psychoanalyst



www.zacharyschwartzlcsw.com/people-pleasing