

Better Boundaries for More Authentic Relating

Women's Psychodrama Life Skills Workshop

Note the Date is **Saturday**

June 20 – 9:45 a.m. to 2:00 p.m.

LPTI Zoom Room



Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others – Brene Brown.

A foundational skill for bringing greater **truth** and **compassion** into our relationships is learning to **set** and **maintain healthy boundaries**.

Join a group of psychologically-minded women interested in showing up with more presence and authenticity in their lives as we dive into this important topic.

In this workshop, we explore questions such as:

- *How does attachment style affect my boundaries and relationships?*
- *What is the relationship between my “shadow side” and healthy boundaries?*
- *What are some practical steps I can take to establish or shore up personal boundaries?*

The workshop is limited to **12**, so **please register early** to hold your place. Send an email to: cathynugent@verizon.net for a registration form and payment information.

Investment: **\$75**. *Some partial scholarships are available; please inquire.*