

Boundaries, 2 months*

- Free initial consultation (approx. 30 minutes)
- Four (4) one-hour sessions meeting twice per month (may be combined if desired)
- What are boundaries?
- Myths about boundaries
- Stop letting others use you as a doormat
- Learn to be more assertive and exert preferences
- Learn to deal with boundary conflicts
- Email support for duration of the coaching

Boundaries Package is \$150 upfront or two monthly installments of \$85