

DRAW THE LINE PROGRAMME



1

IDENTIFY YOUR BLOCKERS

We'll start by reviewing your people-pleasing tendencies so that we can identify patterns in the way you relate to and communicate with people.

As a part of this exploration, we'll review what beliefs you hold about yourself. We'll also look at what worries or fears you have about interacting with people in different contexts and situations.

We do this to see what's holding you back so we can let it go.



2

CLARIFY YOUR VALUES

Then, once we've dealt with patterns and expectations, we'll begin to think about the future.

We'll explore what is important to you in your relationships (romantic, platonic, professional). You'll spend time envisioning exactly what you want your life to look like.

That makes it easier to say YES to the things that are aligned to your values and NO to the things that aren't.



3

IMPLEMENT YOUR BOUNDARIES

Finally, it's time to make your vision a reality and gain some momentum.

You'll spend more time doing the things you want and connecting with people you like. You'll communicate your needs in an unapologetic but kind way.

You'll learn techniques so that you can set healthy boundaries and maintain them with confidence.

Each step comprises two 60-minute sessions, supported by a workbook with exercises and useful techniques to explore between sessions.

Interested to hear more?

Contact steph@change-is-scary.com