

## **GROUP GOALS AND OBJECTIVES**

- ★ Elevate self-esteem and create positive self-image
- ★ Better sense of personal comfort
- ★ Better sense of optimism

## **GROUP APPLICATION OF METHODS**

- ★ Instill sense of self-worth, confidence, competence and value of self
- ★ Improve eye contact
- ★ Improve assertiveness in communication and interaction with others
- ★ Enhance social skills
- ★ Increase time spent participating in social events
- ★ Ability to tend to others' needs while maintaining personal autonomy
- ★ Improve verbal self-talk
- ★ Implement self-control

## **WELCOME PARTICIPANTS**

Married or single men/women between the ages of (twenty-five to seventy-five)

Person who wants to enhance self-esteem and self-worth

Person wishing to improve ability to communicate his/her emotions and needs to partner, family, friends, and colleagues

Person who will benefit from assertiveness, eye contact, and socialization skills

### **\* BONUS**

1 hour of weekly individual counseling (as a supplement to the group) with intern

**\* Free of charge (weekly hour with intern)**