



MARGARET LAMBERT, MSW, LCSW

is a psychotherapist, educator and author. She has been in private practice in the Madison area since 1997 and is co-owner of Sonas Behavioral Health, LLC located on Madison's west side. In 2004 Margaret formed Puffins Presentation, LLC out of which she teaches relationship related classes. Margaret brings extensive training and experience working with couples and individuals around the topics of dating, marriage and marital conflict, divorce recovery and self-esteem related concerns.

In 2004 Margaret developed the course *Dating Dementia: Keeping Your Brain in the Dating Game* and has since completed the workbook for that course. She also developed *Rebuilding at Bethel*, a three part program designed to assist individuals through the separation and divorce process. She teaches the class *Rebuilding: When Your Relationship Ends* within that program.

Margaret began teaching the Women's and Men's Self-esteem classes in 2012.

Her students describe her as enthusiastic, approachable, caring, and passionate about the work she has chosen to do.



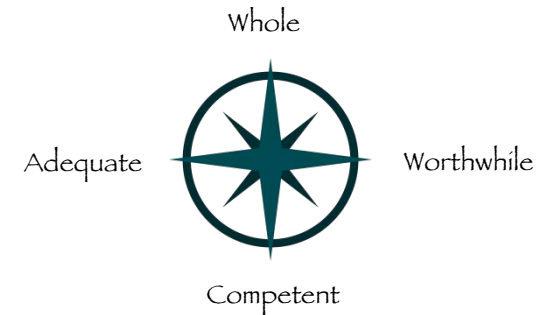
Learning to Live and Love from a Healthier Perspective



Puffins Presentations, LLC
P.O. Box 704
Sun Prairie, WI 53590

Quest

A Man's Personal Journey to Regain Self-Esteem



Facilitated by:

Margaret Lambert, LCSW

Classes offered:

Winter : January

Spring: April

Summer: June

Fall: October



Quest: Charting Your Own Path

This ten week course is designed to help men discover what it means to feel whole, worthwhile, competent, and adequate so they can return to a place of power and wisdom. Students learn practical skills for building confidence through reading, journaling, brief lectures, class discussion and experiential tasks.

The concepts taught in this course help men understand what factors diminish self-esteem and how to actively participate in rebuilding their own psychological health.

What others have said about this class:

- + I've spent months in therapy but this class explained so much and gave me the tools I was missing to make further progress. Jeff K.
- + I've learned to speak up for myself so I don't feel walked over anymore. Matt M.
- + The class environment felt so safe and this made it easy to open up with everyone in class. I never felt judged. Tom D.
- + I have always struggled with making decisions. Now I feel more confident and less likely to feel like a failure if things don't turn out the first time. Chad Z.



What this class will cover

- + What is healthy self-esteem
- + What it means to live mindfully
- + What it means to be responsible and how to set boundaries.
- + How to feel a sense of competency
- + Learning what it means to be "vulnerable wisely"
- + What it means to be whole
- + Identifying your strengths
- + Identifying what makes you unique
- + How to affirm oneself from within
- + Learning how to avoid attaching your sense of worth to external circumstances
- + Making healthy choices
- + Understanding life's tradeoffs
- + Learning to feel secure even when there is uncertainty
- + Matching expectations with reality

This class is not meant to replace individual therapy but rather to explore topics that can be brought back to your personal therapist for further discussion.

This class is conducted at Sonas Behavioral Health at 6402 Odana Road, Madison, WI.



Quest: A Man's Personal Journey Registration Form

Mail to: Puffins Presentations, LLC
P.O. Box 704
Sun Prairie, WI 53590

Name: _____

Address: _____

Hm Phone: _____

Cell Phone: _____

Email: _____

Fee: \$330 -includes class, book and study guide

Make checks payable to: Margaret Lambert
or

Register with Pay Pal through the website:

<http://puffinspresentations.com/quest>

Advanced registration is required as the class is limited to eight participants.

FOR MORE INFORMATION ABOUT THE CLASS

Contact Margaret at: 608-204-6076 ext. 1
or
email: puffinspresentations@hotmail.com

