



MARGARET LAMBERT, LCSW

is a psychotherapist, educator and author. She 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. She brings extensive training and experience related to the topics of dating, marriage, marital conflict, divorce recovery and self-esteem.

In 2004 Margaret developed the course *Dating Dementia: Keeping Your Brain in the Dating Game* and has since completed the book for that course. In 2010 she developed *Rebuilding at Bethel*, a three part program designed to assist individuals through the separation and divorce process. Margaret teaches the class *Rebuilding: When Your Relationship Ends* within that program.

In 2012 Margaret created two more classes: *Beyond the Looking Glass*, a women's self-esteem and relationship class as well as *Quest: A Man's Personal Journey to Reclaim Self-Esteem*.

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



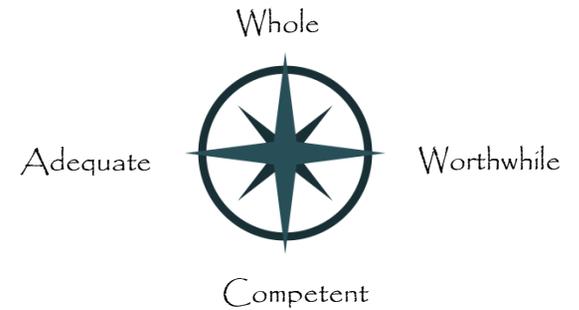
Learnine to Live and Love from a Healthier Perspective



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

Quest

A Man's Personal Journey to Reclaim Self-Esteem



Facilitated by:

Margaret Lambert, LCSW

Classes offered:

Winter: January 13, 2020

Spring: March 23, 2020

(No class on May 25th)

Summer: June 29, 2020

Fall: October 5, 2020



Quest: A Man's Personal Journey

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 personal 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.
- ✚ Learning what it means to have a sense of worth
- ✚ Identifying your strengths
- ✚ Identifying what makes you unique
- ✚ Learning how to affirm oneself from within
- ✚ Learning how to experience a sense of competency
- ✚ Learning how to avoid attaching your sense of worth to external circumstances
- ✚ Learning to feel secure even when there is uncertainty
- ✚ Learning what it means to be "vulnerable wisely"
- ✚ Making healthy choices
- ✚ Understanding life's tradeoffs
- ✚ Matching expectations with reality

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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: \$335** -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](mailto:puffinspresentations@hotmail.com)

