

## Instructor

**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 in the areas of pre-marriage counseling, marital therapy, and divorce recovery treatment.

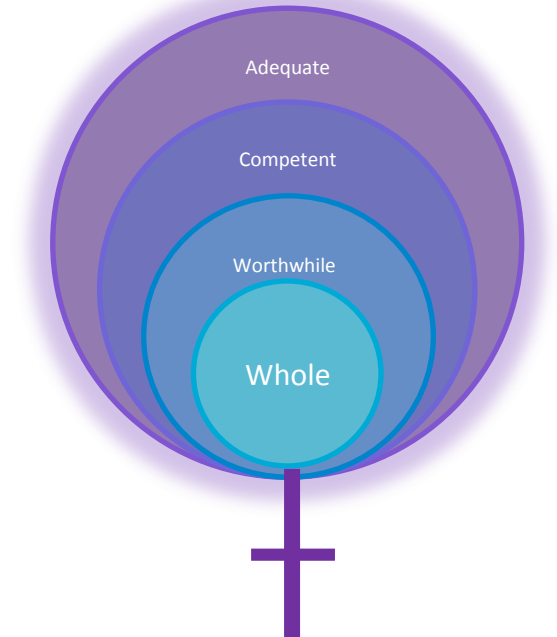
In 2004 Margaret developed the course *Dating Dementia: Keeping Your Brain in the Dating Game* and has since completed the workbook for that course. She also developed *Rebuilding at Bethel*, a three part program designed to assist individuals through the separation and divorce process. She teaches the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

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



## Women's Self-Esteem and Relationships

Become the designer of your own life by living consciously.

Facilitated by:

Margaret Lambert, MSW, LCSW

January 4, 2017

April 5, 2017

June 21, 2017

October 4, 2017

( No class the night before Thanksgiving)



## Self-Esteem & Relationships

This ten week course is designed to help women discover what it means to feel whole, worthwhile, competent, and adequate. Students learn practical skills for building confidence through reading, journaling, brief lectures, class discussion and experiential tasks.

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

What others have said about this class:

- + This was a comforting and nurturing environment to explore and work on self-esteem. Jennie C.
- + An extremely valuable experience. There was so much to learn that has helped me make better choices. Jill M.
- + I found this to be an amazing and life changing experience. Elizabeth
- + There was such respect and lack of judgment in this class. I felt completely safe opening up. Cyndi K.



## What this class will cover

- + What is healthy self-esteem
- + What it means to live mindfully
- + What it means to be responsible
- + Learning to set healthy 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.



## Self-Esteem and Relationships Registrations 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/womens-self-esteem-relationships/>

**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

