



Instructor:

Margaret Lambert, LCSW

Margaret 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 courses.

Her courses include: *Dating Dementia: Keeping Your Brain in the Dating Game*, *Beyond the Looking Glass: Reflections of a Worthy Self*, *QUEST: A Man's Personal Journey to Regain Self-Esteem* as well as the *Rebuilding at Bethel* multi-level program for individuals going through the separation or divorce process.

Margaret has extensive training and experience in pre-marriage counseling, marital therapy, divorce recovery, self-esteem building and skill building for effective communication and conflict resolution.

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

# Beyond the Looking Glass

Reflections of a Worthy Self



## A Women's Self-esteem and Relationships Class

Facilitated by:  
Margaret Lambert, LCSW

January 18, 2023  
April 19, 2023  
July 12, 2023  
October 4, 2023 \*

\*No class the week of Thanksgiving

This ten week course is designed to help women develop a consistent positive self-image based on a new sense of competency and self-worth. 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 C.
- ✚ There was such respect and lack of judgment in this class. I felt completely safe opening up. Cyndi K.
- ✚ I'm no longer so angry all the time now that I am better at sticking up for myself. Carol P.



## What this class covers

- ✚ What is healthy self-esteem
- ✚ Gaining insight into sources of diminished self-esteem
- ✚ What it means to live mindfully
- ✚ Learning to set healthy boundaries
- ✚ How to feel a sense of competency
- ✚ Learning to stand up for oneself
- ✚ What it means to be whole
- ✚ Identifying personal strengths
- ✚ How to affirm oneself from within
- ✚ Learning how to avoid attaching ones sense of worth to external circumstances
- ✚ Making healthy choices
- ✚ Understanding life's tradeoffs
- ✚ Learning to feel secure even when there is uncertainty
- ✚ Finding direction and purpose in your life
- ✚ How to build satisfying relationships

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

Classes are currently being held over Zoom from 6:00-8:30 pm CST



## Beyond the Looking Glass

### Registration Form

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Cell Phone: \_\_\_\_\_

Alt. Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Fee: \$450** (includes class, book and study guide and a \$50 non-refundable registration fee)

**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](mailto:puffinspresentations@hotmail.com)

