

Learning to Develop

HEALTHY BOUNDARIES IN YOUR LIFE

Curriculum & Support Coaching Series

This 6-session, therapeutic level curriculum and support based coaching series is designed for women and men who want to jumpstart their understanding of how to develop and maintain healthy boundaries in their lives and relationships.



This confidential online coaching series is a set of structured sessions that will utilize a curriculum-based framework centered around key concepts to help you learn more about the potential transformative impact of creating healthy boundaries in your life as God intended.

As an enrolled participant, you will be equipped with printable handouts and relevant resources to support you in applying your personal situations and helping you towards your boundary setting goals.

Each session will provide space to learn and grow with others by brainstorming real life examples in a group setting and practice your personal examples as individual homework.

Key Topics Covered Will Help You To...

- Understand the different types of boundaries and why they are important.
- Learn God's plan for boundaries and how they develop in your life.
- Recognize the common boundary conflicts and breakdowns in your life, with specific strategies to address them.
- Learn about the common resistance to boundaries that you will likely experience when beginning to establish boundaries in your life.
- Apply the core principles of boundaries in your life, using specific examples from your own experiences.
- Foster a sense of community and support while practicing and growing in your boundary setting abilities.



Facilitated by

Justin Bangert, MS, LMFT

Online Monthly Coaching Series

- 6-Session Series
- 90-Minute Bi-Weekly Sessions for 3 months
- Approximately 10-15 Participants Per Session (With a Minimum of 6)
- Justin will Provide Group Summary of Key Talking Points, Homework Questions and Suggested Resources as well as Discussion Prompters

When:

See website for current meeting dates and time.

Cost: \$60 / Session

**Potential grants available for assistance if needed*

Ready to Join? Questions? Looking for a Different Date or Time?

Contact Justin for More Information!

Contact Justin at:

 www.justinbangert.com

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