

# Easy Confidence

A group program for 20-somethings who want to overcome social anxiety and learn to connect with others easily and joyfully. Participate from anywhere—all you need is a phone and/or computer.



Imagine being part of a group of peers who are learning to connect with others in a way that feels easier and more joyful. Imagine getting frequent encouragement from these peers while also having a coach (me) who is watching your daily progress and helping you reach your goals.

Imagine having the accountability that comes with a coach and a group of peers who are rooting for your success.

Imagine the structure of a daily program where you don't have to leave home. You can participate in everything with just your phone or computer.

You'll get a solid education in how to bypass your anxiety and focus your attention on the connection that you are making with another person in social situations. Then, you'll gradually go out and implement new behaviors and track your progress online daily so you can get coaching, support, and accountability.

You'll solidify these new behaviors over the course of several weeks. You'll learn to manage your anxiety while also having a social life that you feel proud of.

To begin, email me and we'll sit down (phone, skype, in person) for an evaluation to outline your specific goals (\$125). Then you'll start participating in the online group. You'll receive educational materials each week, attend live coaching calls, and begin logging your progress in the online software. The program runs in 4-week sessions. The cost is \$97 per session. To develop a solid foundation, consider active participation in the program for at least 3 sessions (12 weeks).

Email me, Sarah Shore, to get started. [sarah@sarahshore.com](mailto:sarah@sarahshore.com)  
[www.sarahshore.com/easyconfidence](http://www.sarahshore.com/easyconfidence)