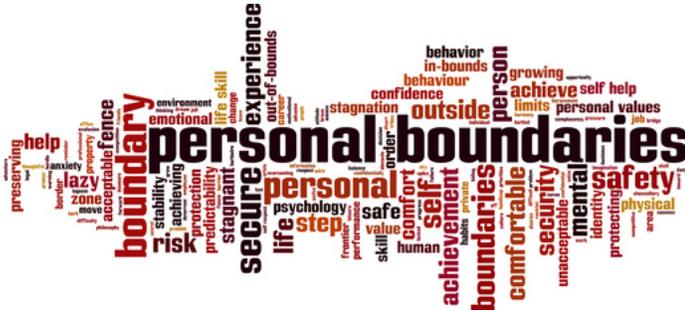


“Creating Connections” at the CWiL

June 14, 7:30-9:00AM



# The Problem with People-Pleasing (and Why We Need to Establish Boundaries!)



Women in our culture have been socialized to “be nice,” “smile,” and just get along. **When suffering from “Chronic Niceness” we become overly accommodating, acquiescent, and avoidant of necessary conflict.** We think that being nice means giving in or taking responsibility for how the other person is feeling. We often hesitate to ask for what we

want, which can create negative impacts to our relationships, careers, and our integrity. However, **it is possible to relate to others in a way that respects the other person and ourselves.**

According to Brené Brown, **good boundaries are a prerequisite to having compassion for others.** When we have poor boundaries, “we let people do things or get away with things that are not ok and then we are just resentful and hateful. I’d rather be loving and straightforward about what’s ok and what is not ok.”

Commenting on her own progress, she said “I’m not as sweet as I used to be, but I am far more loving.”

This session will describe the negative consequences of chronic people-pleasing and demonstrate how to be more caring and effective in your interactions with others.

About our Presenters: **Rhonda Myers, MS, NCC, LPC is a Licensed Professional Counselor at Samaritan Counseling Center.** Rhonda uses an integrative approach to help clients gain insight, utilize their strengths, and develop skills to meet the challenges they encounter. In addition to working with individuals, she provides marital/couple therapy as well as Premarital Counseling, Jump Start Consultations, and Discernment Counseling options for couples.

**Anne Allgyer, MA, LPC is also a Licensed Professional Counselor at Samaritan.** In assessing the needs of clients, Anne views each of them as unique with individual needs. Anne’s desire is to meet them where they are in their journey and to create a non-judgmental environment in which clients feel emotionally safe, supported, and encouraged in their journey toward healing and growth.

**Cost: \$20.00 per person. Includes light breakfast. For more information or to register, contact Amy at 717.560.2805, ext. 101 or via email [awinslowweiss@scclanc.org](mailto:awinslowweiss@scclanc.org)**

