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SOCIAL ANXIETY

HOW TO OVERCOME SOCIAL ANXIETY

EMPOWERED CONNECTIONS PART #11
WITH LOUISE ANNE MAURICE

WHAT IS IMPRESSION MANAGEMENT?

[SOURCE: http://psychology.iresearchnet.com/social-psychology/self/impression-management/](http://psychology.iresearchnet.com/social-psychology/self/impression-management/)

- Impression management involves the processes by which people control how they are perceived by others. People are more motivated to control how others perceived them when they believe that their public images are relevant to the attainment of desired goals, the goals for which their impressions are relevant are valuable, and a discrepancy exists between how they want to be perceived and how other people perceive them.
- When people are motivated to manage their impressions, the impressions that they try to convey are influenced by the roles that they occupy and the norms in the social context, the values of the individuals whose perceptions are of concern, how they think they are currently perceived, their self-concepts, and their desired and undesired selves.

SOCIAL ANXIETY IMPACTS IMPRESSION

HOW TO OVERCOME SOCIAL ANXIETY

5 SOCIAL INTELLIGENCE SOLUTIONS

TO OVERCOME SOCIAL ANXIETY

Social Intelligence – People Skills

- | | | | |
|---|---|---|--|
| 1 | Self Awareness | 2 | Social Self-Efficacy |
| 3 | Knowledge of Social Roles, Rules, and Scripts | 4 | Verbal Fluency and Conversational Skills |
| 5 | Active Listening Skills | 6 | Understanding What Triggers People |
| 7 | Emotional Intelligence | 8 | Impression Management Skills |

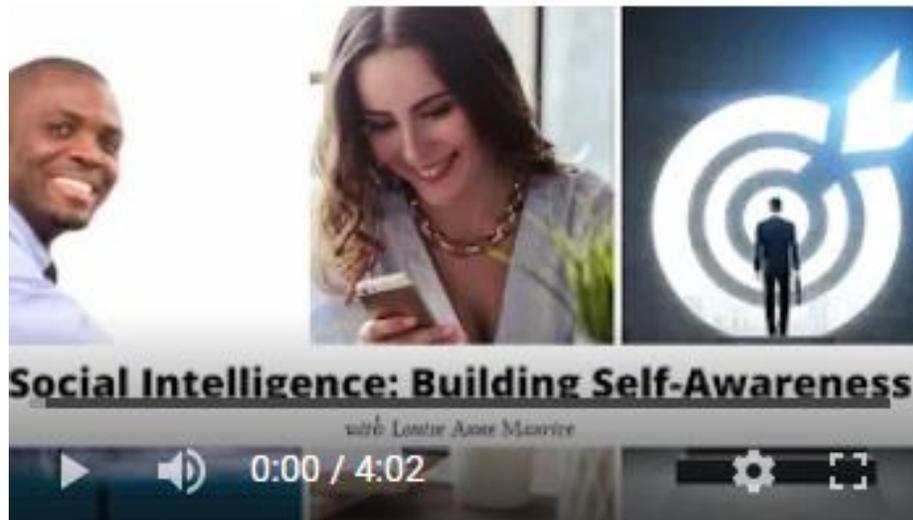


SYMPTOMS OF SOCIAL ANXIETY

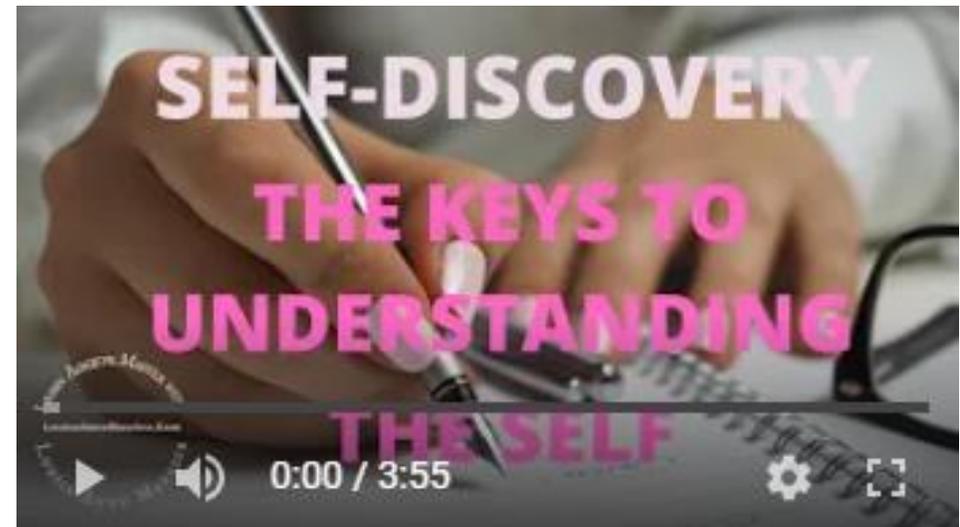
- Feelings of shyness or discomfort in certain situations aren't necessarily signs of social anxiety disorder, particularly in children. Comfort levels in social situations vary, depending on personality traits and life experiences. Some people are naturally reserved and others are more outgoing.
- In contrast to everyday nervousness, social anxiety disorder includes fear, anxiety and avoidance that interfere with daily routine, work, school or other activities. Social anxiety disorder typically begins in the early to mid-teens, though it can sometimes start in younger children or in adults.
- Source: The Mayo Clinic 2020

HOW TO OVERCOME SOCIAL ANXIETY SOCIAL INTELLIGENCE SOLUTION #1

EMPOWERED CONNECTIONS PART 1



EMPOWERED CONNECTIONS PART 2



SIGNS OF SOCIAL ANXIETY

NEGATIVE SELF-TALK



HYPERSENSITIVE



HOW TO OVERCOME SOCIAL ANXIETY SOCIAL INTELLIGENCE SOLUTION #2

[EMPOWERED CONNECTIONS PART 3](#)

[EMPOWERED CONNECTIONS PART 4](#)



SOCIAL ANXIETY CAUSES

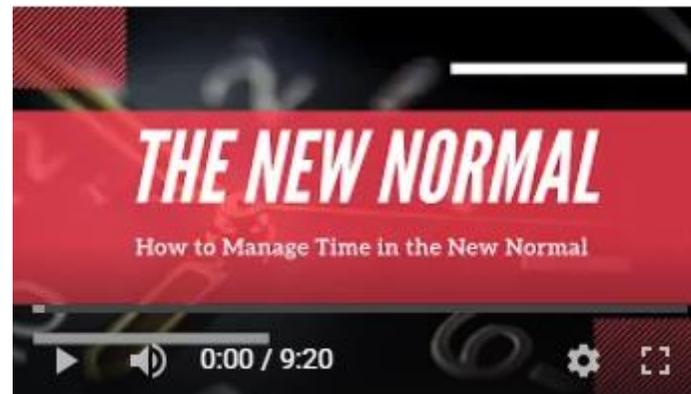
- 1. INHERITED TRAITS:** Research has shown that social anxiety runs in families. However, research is still being conducted to determine the percentage that genetics play versus learned behavior.
- 2. BRAIN STRUCTURE:** People who have an overactive amygdala may have an equally overactive fear response that can contribute to increased anxiety in social situations.
- 3. ENVIRONMENT:** Some people may develop social anxiety after experiencing a humiliating social situation. They may have parents who displayed anxious behavior in social situations or were controlling or overprotective.

Source: The Mayo Clinic 2020



HOW TO OVERCOME SOCIAL ANXIETY SOCIAL INTELLIGENCE SOLUTION #3

EMPOWERED CONNECTIONS PART 5



#1 STOPPER

- A. How Do You Handle Critical Reviews?**
- B. Critical Opinions?**
- C. Critical Comments?**

SOCIAL MEDIA ANXIETY



HOW TO OVERCOME SOCIAL ANXIETY SOCIAL INTELLIGENCE SOLUTION #4

EMPOWERED CONNECTIONS PART 6



EMPOWERED LISTENER

- A. How Many Relationships Do You Have?**
- B. What is Your Role?**
- C. What is Missing?**

SOCIAL ANXIETY HELP



HOW TO OVERCOME SOCIAL ANXIETY SOCIAL INTELLIGENCE SOLUTION #5

EMPOWERED CONNECTIONS PART 7



**PART 12 RECEIVE
SOCIAL INTELLIGENCE
SOLUTIONS 6,7,8**

**EMPOWERED CONNECTIONS PART 12
SEVERE SOCIAL ANXIETY**

- A. SOCIAL ANXIETY
TREATMENT**
- B. SOCIAL ANXIETY CURE**
- C. CBT FOR SOCIAL ANXIETY**

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APPLY WHAT YOU HAVE LEARNED

1. How Does Social Anxiety Impact You?
2. How Can You Use The Social Intelligence Solutions to Empower A New Approach?
3. Develop a Benchmark and Apply. What adjustments Are Needed?



SAVE TIME AND MONEY WITH DONE-FOR-YOU SESSIONS INCLUDING TECHNIQUES

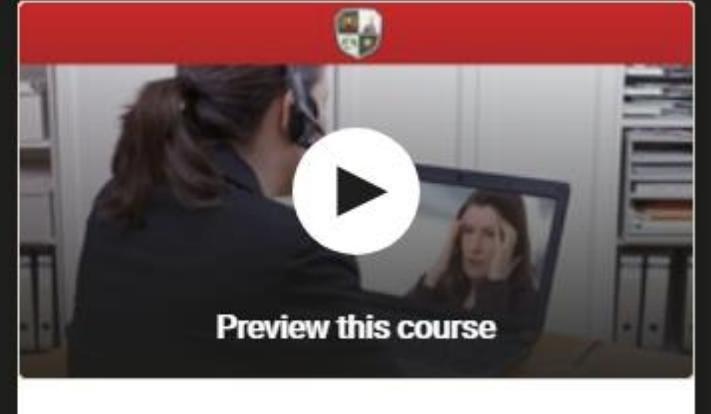
STRESS MANAGEMENT COACH CERTIFICATION

Business > Management > Stress Management

Stress Management Coaching Certification CGRSC Stress Coach

Stress Management Coaching Level 2 Grads Accredited Stress Management Coaching Certification and Coach Directory Listing

Bestseller 4.2 ★★★★★ (675 ratings) 5,474 students



Course content

12 sections • 131 lectures • 12h 2m total length

[Expand all sections](#)

Stress Management Coaching: Understand the Impact of Stress	13 lectures • 1hr 25min
Stress Test: How to Use a Stress Test in Coaching	5 lectures • 30min
Stress Management Group Coaching Program	9 lectures • 1hr 28min
Stress Management Coaching: Top 6 Client Case Studies	9 lectures • 1hr 28min
Stress Management Coaching Session #1	14 lectures • 1hr 16min
Stress Management Coaching Session #2	12 lectures • 1hr 3min
Stress Management Coaching Session #3	12 lectures • 1hr 1min
Stress Management Coaching Session #4	14 lectures • 1hr
Stress Management Coaching Session #5	12 lectures • 40min
Stress Management Coaching Session #6	12 lectures • 38min

[2 more sections](#)

★★★★★ a month ago

This course is phenomenally presented, organized and explained like NONE I have taken recently. Not only are you helping me to understand how to process and think (even regarding how I personally process my own stress), but you are giving me the "why" behind it all. Thank you also for the bonus of added insight through the videos given in the announcements. As a long-term educator who searches for good material to also teach it, this is a gem! Thank you!

★★★★★ 2 months ago

Really well structured course! I have learned so much in such an easy way and was able to go out and complete 8 stress coaching sessions with clients with ease. My students found it very effective and I've used some of the tools on myself as they do truly work! Thank you so much! Brilliant value for money

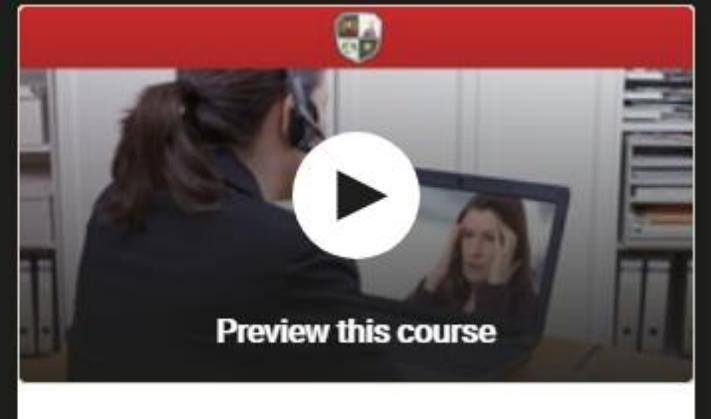
★★★★★ 6 months ago

I love this course. Louise is an amazing teacher. She is able to connect with her students even in the online platform. I feel so amaze with her promptness to answer our questions. The program is easy to follow. You can see and feel how she wants her students to be successful. I recommend this course to everyone who wants to learn stress management and be a coach.

Stress Management Coaching Certification CGRSC Stress Coach

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STRESS MANAGEMENT COACH CERTIFICATION

BUILD YOUR COACHING PRACTICE/BUSINESS USING MY PROPRIETARY SESSIONS

What you'll learn

- ✓ November 2020 Updated + Level 2 Certification Bonus \$1791 We Cover (Read Description) Work as Stress Management Coach in Level 2 Coaching Practicums.
- ✓ Stress Management Coaching Training using our Proprietary Stress Management Coaching System Empowers You to Confidently Coach Anyone Starting Today.
- ✓ Stress Management Assessment, Ready to Use Stress Management Coaching Sessions Plus a Plan to Enroll Clients & Effectively Run Coaching Sessions.
- ✓ Priceless Stress Management Coaching Mentoring to Move You Past the Blocks and Obstacles to Developing Your Stress Management Coaching Business.

★★★★★ 2 months ago

I've just completed the Level 2 Fieldwork and received positive feedback and recommendations from my clients about their experience. Here's what one said "Zelda was like shining a light in a dark corner, bringing things to the forefront and helping me understand myself better. I'd certainly recommend Zelda as a trusted guide leading me through the process. I liked the interactive process, the writing - the different activities, the charts, the drawings, the timelines. I looked forward to seeing each week what was new and different in the activities. This coaching has helped me understand my beliefs that don't serve me, helped me put words to beliefs that I couldn't find words for, helped me feel safe, help me create a calmer emotional life, addressed my compromising beliefs that kept me stuck and took me to a place of more power. I'd recommend this coaching to others ready to look inside themselves and participate and find new beliefs that serve them in growth. LH, USA. Client of Zelda Sheldon - Stress Management Level 2 Fieldwork participant." So with this wonderful client review I'm happy to give this course a glowing 5-star review and recommendation. Well done course creator Louise. Your course certainly helps us to help others.

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Free Training