

SOCIAL ANXIETY

CBT FOR SOCIAL ANXIETY

USE SOCIAL INTELLIGENCE

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 |

TO UNDERSTAND SOCIAL ANXIETY

- SYMPTOMS OF SOCIAL ANXIETY
- SIGNS OF SOCIAL ANXIETY
- SOCIAL ANXIETY CAUSES
- SOCIAL MEDIA ANXIETY
- SOCIAL ANXIETY HELP

SEVERE SOCIAL ANXIETY

bipolar

depression

disorder

Mental Health

anxiety

emotional

psychological

behavioral

IMPRESSION MANAGEMENT

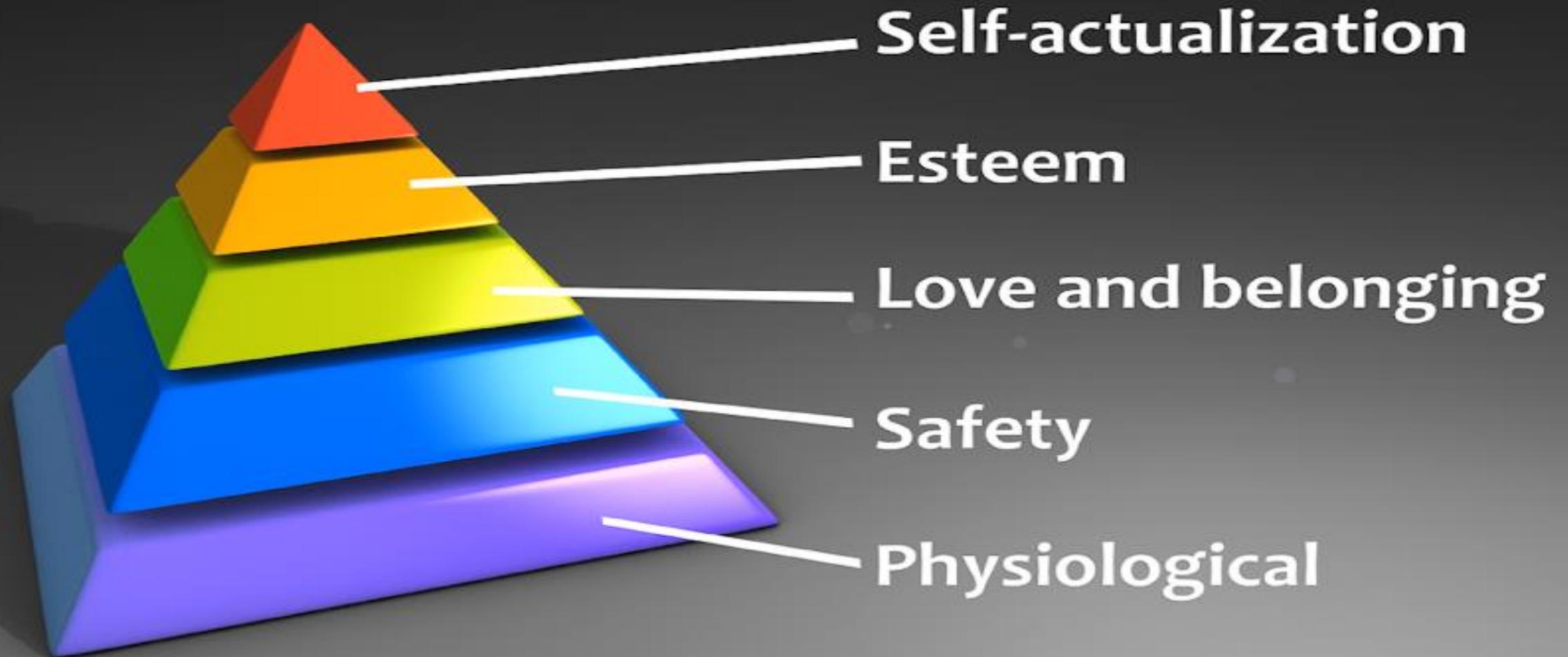
- A.** Impression of Your Inherited thoughts?
- B.** Impression of Your Inherited Beliefs?
- C.** Impression of Your Inherited Attitudes?

LouiseAnneMaurice.Com

C.B.T FOR SOCIAL ANXIETY



SOCIAL ANXIETY TREATMENT



HOW TO OVERCOME SOCIAL ANXIETY

SOCIAL INTELLIGENCE SOLUTION #6

EMPOWERED CONNECTIONS PART 8



SOCIAL ANXIETY CURE

EMPOWERED HOLISTICALLY



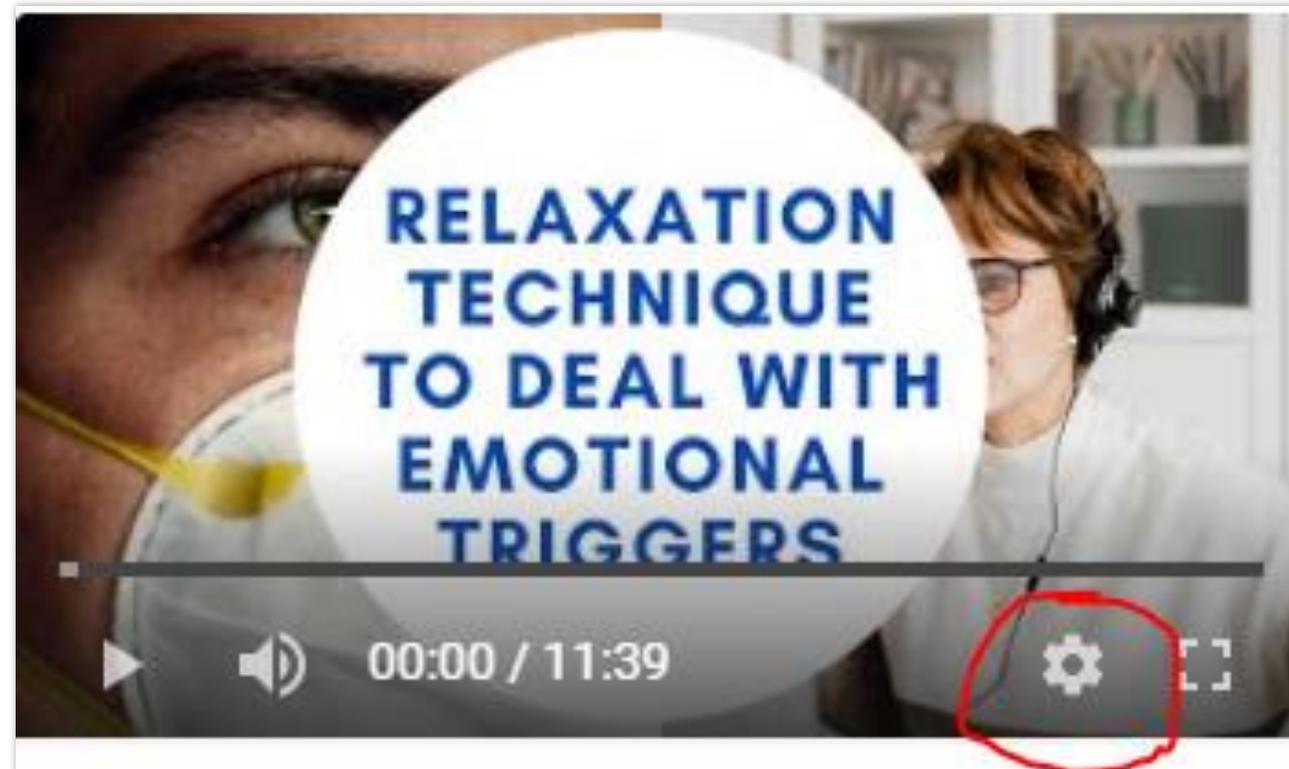
EMOTIONAL INTELLIGENCE



HOW TO OVERCOME SOCIAL ANXIETY

SOCIAL INTELLIGENCE SOLUTION #7

EMPOWERED CONNECTIONS PART 9



C.B.T FOR SOCIAL ANXIETY

IMPRESSION IMPACTS FEELINGS



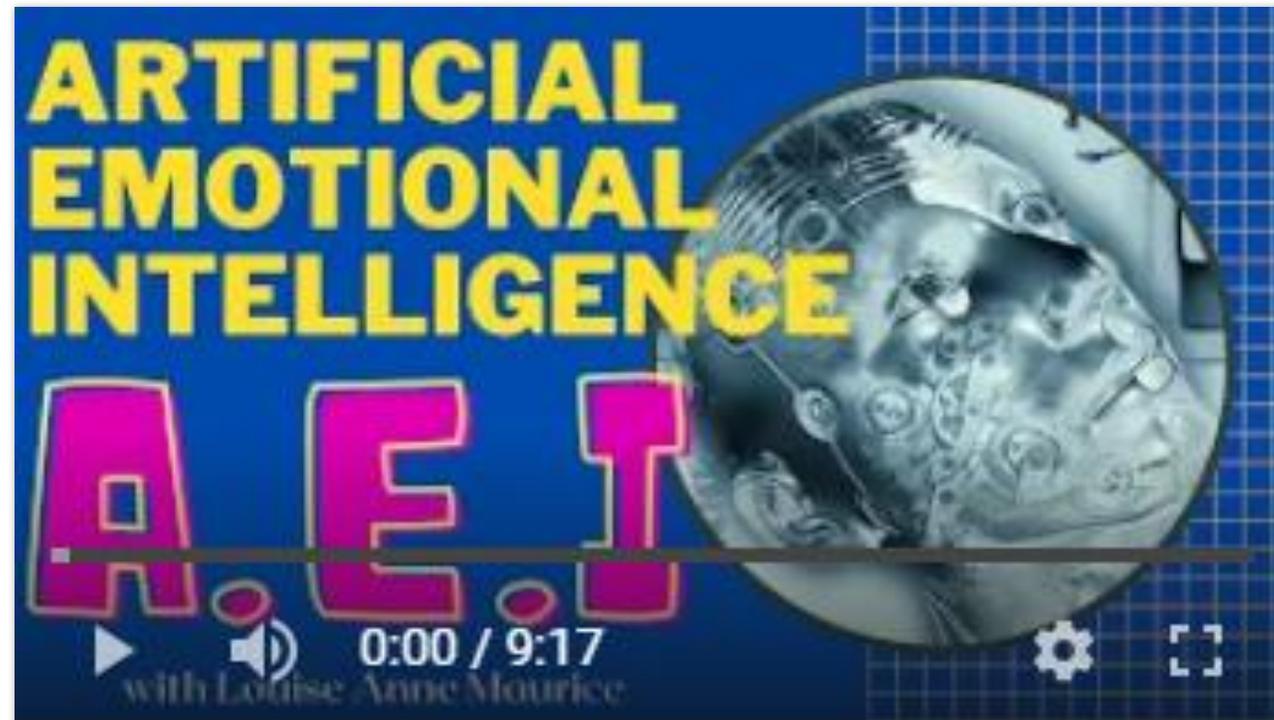
IMPRESSION IMPACTS BEHAVIOR



HOW TO OVERCOME SOCIAL ANXIETY

SOCIAL INTELLIGENCE SOLUTION #8

EMPOWERED CONNECTIONS PART 10



APPLY WHAT YOU HAVE LEARNED

1. Remember to Visit LouiseAnneMaurice.Com
2. Regardless of Your Current Impression, Who Do You Choose to Be?
3. What Adjustments Do You Choose to Make?



C.B.T QUESTIONS FOR MANAGING IMPRESSIONS AND OVERCOMING SOCIAL ANXIETY

What social situation triggers a reaction that impacts the impression you make?



How can you be proactively RESPONSIVE?
What adjustments will you make?



C.B.T QUESTIONS FOR MANAGING IMPRESSIONS AND OVERCOMING SOCIAL ANXIETY

What social situation causes you not to trust yourself?



How can you be more intuitive? What adjustments will you make?



C.B.T QUESTIONS FOR MANAGING IMPRESSIONS AND OVERCOMING SOCIAL ANXIETY

What social situation causes you to become more controlling?



How can you be more flexible? What adjustments will you make?



C.B.T QUESTIONS FOR MANAGING IMPRESSIONS AND OVERCOMING SOCIAL ANXIETY

What social situation causes all of your communication functions to shut-down?



How can you be more functional in the moment? What adjustments will you make?



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PROFESSIONAL LIFE COACH CERTIFICATION

| | |
|--|-------------------------------|
| Start Here: Life Coach Formula Part 1 | 12 lectures • 1hr 14min |
| Professional Certified Life Coach | Preview 02:20 |
| Life Coaching Demonstration Part 1 | 11:07 |
| Life Coaching Demonstration Part 2 | 03:18 |
| [Quiz] Did You Guess Right? | 1 question |
| Life Coaching Demonstration Part 3 | 03:10 |
| Life Coaching Demonstration Part 4 | 04:23 |
| Life Coaching Demonstration Part 5 | 03:29 |
| Life Coaching Demonstration Part 6 | 04:49 |
| Life Coaching Demonstration Part 7 | 04:21 |
| Life Coaching Demonstration Wrap | 05:06 |
| [Practice Assignment] Ending the Session | 09:20 |
| The Paragon Plan | 04:21 |
| Certification + FAQ | Preview 18:08 |
| Life Coaching Formula Part 1 | 6 lectures • 29min |
| Life Coach Formula Part 2 | 6 lectures • 27min |
| Life Coach Formula Part 3 | 6 lectures • 32min |
| Life Coach Formula Part 4 | 6 lectures • 27min |
| Life Coach Formula Part 5 | 6 lectures • 27min |

Frequently Bought Together



Professional Life Coach Certification PCELC Coach Training

Empowerment Coach Academy, Louise Anne Maurice

4.4 ★★★★★ (1,692)

Bestseller



Life Coach Certification Associate ACELC Life Coach Training

Empowerment Coach Academy, Louise Anne Maurice

4.6 ★★★★★ (1,071)

★★★★★ a year ago

This is my second course through ECA and WOW love it. Thank you, Louise and Team, for all your help, suggestions and support throughout the last few months. I highly encourage potential coaches to do both the Associates and Professionals Course because the professional's course builds on the associate's info.

★★★★★ 5 months ago

I originally took a Life Coaching course provided by a different company and I did not feel as if it was thorough enough. I decided to try this course because it was highly rated. I expected it to be a great course but I have to admit that it exceeded my expectations. The instructor is very knowledgeable of her field and goes in depth to uncover many scenarios that one may experience as an Empowerment Life Coach.

★★★★★ 8 months ago

The resources given in this course are absolutely great. The easy and structured way Louise explains/go through the material is amazing. I must say this is one of the best courses I have bought here on Udemy, so far.

★★★★★ 2 months ago

This course is truly self empowering. I am feeling the freedom to step out and make myself be seen. The lectures are empowering yes but the encouragement Louise gives to put my assignments up. Knowing that my words are not being judged, graded frees me to really think of my way of being and expressing. So, yes, this course is above my expectation.

CHECK OUT MORE COURSES FROM LOUISE



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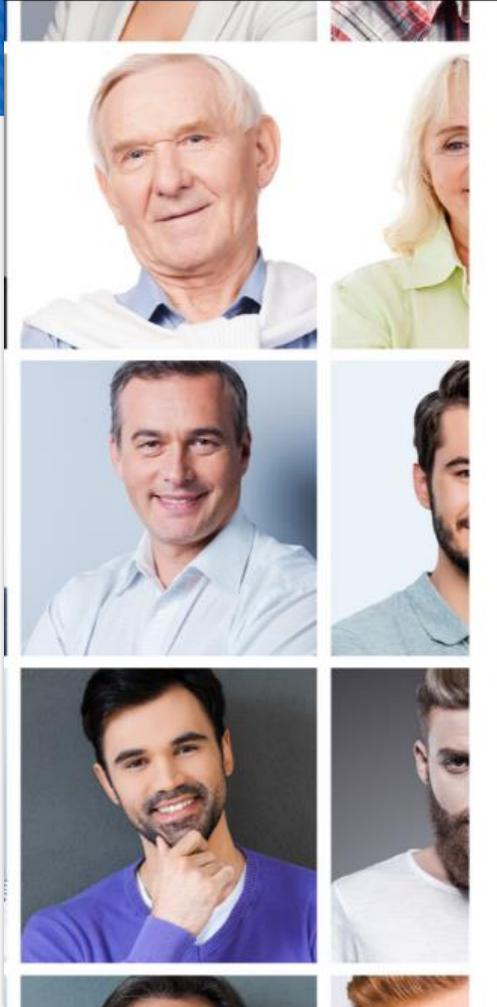
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Empowerment Expert

LOUISE ANNE MAURICE

In Life

| Benchmark | Value |
|-------------|-------|
| Benchmark 1 | 10 |
| Benchmark 2 | 20 |
| Benchmark 3 | 30 |
| Benchmark 4 | 40 |
| Benchmark 5 | 50 |

Free Training

