

Worth & Connection: A Singles Program

8-Week Therapeutic Program to increase Self-Worth & develop Meaningful Relationships *Evidence-Based | Rooted in Gottman, Terry Real, & Internal Family Systems (IFS)*

Dating isn't just about finding someone (sometimes finding someone is the easiest part) It's really about finding the best person to do life with. And that is really about *becoming* the version of you who attracts and sustains healthy love. *Worth & Connection* is a direct, evidence-based 8-week therapeutic program for singles ready to break old patterns, build confidence, see their true worth and create meaningful, lasting relationships.

Grounded in research and real-life relationship work, this program helps you identify and heal attachment wounds, strengthen your sense of self-worth, develop the communication skills and boundary skills to show up in your relationship authentically without losing yourself in the process.

Through guided exercises, reflective journaling, and therapeutic tools from Gottman, Terry Real, and Internal Family Systems, you'll build emotional resilience and clarity, learning to navigate dating and connection from a place of grounded confidence, worthiness and self-assurance.

Ideal for:

Singles or individuals in a relationship who are ready to do the inner work that creates outer connection through healing patterns, raising standards, and dating with intention.

Includes:

- 8 weekly therapeutic sessions
- Reflective journaling & self-discovery practices
- Relational skills training & guided integration work

Let us help you show up with confidence, communicate with clarity, and attract relationships that match your worth. Because you are worth it!