



People Pleasing & Self-Advocacy

Monday, August 14th, 2023

1:00 - 2:00 PM

REGISTER NOW



In this virtual workshop, we will be discussing:

- The concept of People Pleasing and how we can establish boundaries in order to combat this behavior
- Definition of People Pleasing
- What People Pleasing can look like, how it is different from being nice, where it comes from and how we can overcome it
- Causes & effects for People Pleasing
- Nice vs. People Pleasing

In partnership with and facilitated by:

ZAINEB NIZAMI, Crisis Counsellor at Polycultural Immigrant and Community Services



For more information, please contact:

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