

HOW TO COACH SOCIAL ANXIETY

Louise Anne Maurice

[CLICK HERE TO WATCH VIDEO ON YOUTUBE](#)



What Should I Do, I Have Social Anxiety with @LouiseAnneMaurice

I was recently laid-off from my long-time career where I spent most of my days on a computer. Now I want to become a consultant which requires me to market my services. I'm an introvert who suffers from social anxiety, what should I do?

What Should I Do, I Have Social Anxiety with @LouiseAnneMaurice

- **Social Anxiety Tip #1** – Who first told you that you suffer from social anxiety? Was this diagnosis used as an excuse to get you out of something that was difficult?
- **Social Anxiety Tip #2** – How often do you leverage Social Anxiety as a tool to support avoidance?
- **Social Anxiety Tip #3** – Make an effort to feel uncomfortable in social situations. What will happen? What does it mean? Assess your new social anxiety as an opportunity to get excited about meeting new people. Become curious.

Take Empowered Prevention a step further by understanding the root cause of Social Anxiety. Learn more about [Holistic Health and Wellness Coaching](#).

- “I Like Louise Anne Maurice and her approach to coaching. I completed courses from other coaches, and though I have enjoyed them, Louise tends to bring in a thorough level of confidence with her teaching. And with her confidence, she explains things in a manner that is not condescending, nor threatening. I believe all people seeking a coach, is looking for someone to help them discover who they are and how they can become empowered. Louise makes it easy to understand.”



VISIT FOR FREE RESOURCES AND IN-DEPTH COACHING TRAINING COURSES

Home

Free

Courses

Books

Reviews

About

Learn with Louise

LouiseAnneMaurice.Com

How To Be Happy In Life by Louise Anne ...

Watch later Share

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

[SUBSCRIBE](#) TO LOUISE ANNE MAURICE'S CHANNEL ON YOUTUBE SO YOU ARE NOTIFIED WHEN A NEW TUTORIAL VIDEO AND FREE PDF IS ADDED