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confidence, so
you can make
real connections
with people you
want to get to
know. Based in
proven-effective
cognitive
behavioral
therapy (CBT),
the skills you
learn will also
help you speak

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or social
anxiety keeps
you from
building
meaningful
relationships
with others,
advancing in
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simply living
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for the first
time. This
program has been
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make you
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is the term used
to describe a
high level of
shyness. Of

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course everyone
feels shy or
anxious in
certain social
environments,
but for some
people it can be
a little more
extreme. When
this is the case
it has a very
debilitating
affect on their
lives and stops

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