

# *Four Steps to Stop People-Pleasing*

+ Take Back your Power



BY DEBBIE UTZ



# Hi, I'm Debbie

I'm a board-certified mental health coach with training in Women's Coaching, Life Coaching and Interpersonal Neuroscience.

My goal is to help women reclaim their lost potential, breakthrough their limiting beliefs, and move forward in healing.

You can't heal trauma without telling the truth and I'm here to tell you that your story matters! With me, you'll find a safe place to share your story without fear of judgement or rejection.

This workbook on stopping the people pleasing was pivotal in my life and my hope is that it gives you perspective to want more freedom in yours. Let's get started!

*Debbie Utz*













# Next Steps

Do you feel that you would benefit from more support? Please don't hesitate to reach out. I offer 1:1 coaching that provides the deep, internal work that's needed to move forward in healing. You don't have to navigate it alone.

For more information, or to schedule a discovery call, please visit my website at [debbieutz.com](http://debbieutz.com) or send me an email [debbieutz@gmail.com](mailto:debbieutz@gmail.com). You can also follow me on Facebook, Instagram + Pinterest.

