







Toxic or True? Navigating Friendships



Join MyGirl Coaching for a specialized workshop to fit your needs & schedule

Dealing with strong personalities * Feeling left out *
Spotting toxic behavior * Changing friendships * Creating
new friendships * Finding the right fit for right now *
Handling conflict * Finding your voice * Expressing
yourself without fear of retaliation * Managing mean girls

www.mygirlcoaching.com