


Headline:

People Pleasing Coach  Empowering you to prioritize yourself | I share proven tools for setting boundaries, reclaiming your time, breaking your addiction to external validation, and authentic, nurturing self-care 😊

About section:

Do you have trouble saying “NO”?

Do you find it hard to set boundaries, get some “me” time, stuck on a treadmill of daily life, burnt out from trying to please everyone except yourself?

Are you filled with guilt, resentment, judgment? Are you tired of feeling like you’re just being used all the time?

I’ve been where you are. It sucks!

I spent 50 years living as a people pleaser, spending all my money chasing love in all the wrong places.

Now my mission and purpose is to help others reclaim their lives and live an authentic, fulfilled, satisfying life filled with happiness and contentment.

Imagine finding a level of self-esteem you’d never have dreamed possible!

Imagine learning how to care for yourself, and enjoy spending time with yourself.

Imagine how much more energy you’d have for the things that make you happy if you could just learn how to set healthy boundaries.

My 7-step 8-week blueprint is designed to take you from burnt out people pleaser, to authentic being living in your truth.

Including helpful information and strategies for:

- saying no
- setting boundaries
- developing self-awareness
- and the tools to foster self love and self care.

I can teach you the skills that helped me break free from a lifetime of people pleasing. We can practice in a safe and confidential environment.

Every day feels like a gift to me now I'm free from the cycle of people pleasing. I have more energy, more joy in my life, and I finally feel like I know who I am and what I want from life.

I want the same for you.

If you're ready to bust out of the people pleasing trap, send me an email at: ynt@tonyjones51.com

P.S. I'm also a public speaker sharing the true (and pretty wild) story of how I had an epiphany and broke free from 50 years of chaotic people pleasing after losing all my retirement savings in a scam. If you'd like me to speak at your event, send me a DM!