



DEL'S ONLINE MEN'S PSYCHOLOGY SKILLS GROUP

Unlock Your Potential

Embark on a transformative journey with Dr Del Naidoo's Online Men's Psychological Skills Group, where personal growth meets empowerment in the virtual space. Elevate your well-being with practical skills designed to help you effectively navigate life's challenges.

- **Details:** Six interactive sessions (one session per week)
- **When:** Tuesdays 9am-10amPDT/12pm-1pmEDT
- **Dates:** April 2, 2024 - May 2, 2024 (except April 30, 2024)
- **Where:** Online (Google Meet)
- **Investment:** US\$180 (First FIVE guys pay only US\$120 each)

Why Join?

Invest in your well-being, relationships, & resilience by seizing this opportunity for personal growth. Reserve your spot today and take the first step towards a more empowered you!



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DEL'S ONLINE MEN'S PSYCHOLOGY SKILLS GROUP FAQ'S



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Who is Dr Del Naidoo? Del is a psychologist & coach who's worked internationally with people for the better part of two decades. Having had extensive therapy himself, he recognizes that practical tools can help build skills needed for emotional resilience in the modern world.

What will you learn? This anxiety management and life resilience skills group is based on evidence-based learnings such as Mindfulness, Acceptance & Commitment and Cognitive-Behavioral theories.

How many sessions? There are six group sessions, online (one session per week, except April 30, 2024 when there will be a break to practice your skills). There's a maximum of 10 people in the group, with a minimum of 5 group members. If there are less than 5 members signing up, Del will discuss options with you or offer a full refund.

What is Google Meet? Google Meet is Google's video conferencing app that's available to everyone who has a Google account. No software to download. It works in your internet browser. More info on: <https://support.google.com/meet/?hl=en-GB#topic=14074839>

Do I have to attend all sessions? It is advisable to attend all sessions to get the most skills.

Do I pay upfront or per session? Your investment: US\$180 (First FIVE guys pay only US\$120 each) upfront only, payable by Zelle. Unfortunately Del is unable to offer payment terms.

How will I know if I am in the first FIVE sign-ups & get the discounted rate? Del will keep you updated about this.

For answers to any other questions, please email Del:



del@thecoachingcollab.com