

Suggested Discussion Questions (get creative!)

Professional Challenges

- What do you find most challenging about being a helper/therapist?
- Do you struggle with imposter syndrome?
- How are you at managing clients? (emails, booking, boundaries)
- How do you do with managing the financial aspects of your practice?

Personal Challenges

- How is your work/life balance?
- In what ways do you engage in self care?
- Are your loved ones supportive of your profession?
- How do your loved ones support your personal needs and self care efforts? If not, how can you express your needs?

Connection Challenges

- Do you feel helpers should engage in their own therapy?
- Do you connect with peers in personal or professional capacities?
- If not, how can you create peer engagement? How would you suggest your clients engage in connection if they need more in their life?