



FAT & LARGER BODIES CONNECTION GROUPS FOR WOMEN

Together, we're building community in small groups of women who REALLY get it. Be seen and heard. Create deeper and more meaningful relationships.



INDIVIDUAL COACHING

What do you want to grow into, change or improve upon?

Some possibilities in our work together:

- Self-love and acceptance
- Confidence
- Comfortable being seen and heard



WORKSHOPS

Live and on-demand workshops on a variety of topics to support your personal growth.

Topics include:

- Communication
- Building confidence
- Self-acceptance
- Befriend anger



www.choicesinside.com



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About Me

With humor, compassion, and genuine curiosity, I will help you discover all the possibilities that await you in your relationship with yourself and others.



Andrea Nus, LMFT

Why Choose Me?

As a Licensed Marriage and Family Therapist, Certified Internal Family Systems Therapist, and Life Coach working on certification with ICF, I have led many clients in forming the kinds of relationships they want, with themselves and others. I ask powerful questions that lead to awareness, acceptance, then choices and action. Change is made easier when we're held accountable.

Join me!



Fat & Larger Bodies Connection Groups



Individual Coaching



Workshops



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