



Are you interested in building stronger relationships and deepening your self-understanding? Do you want to uncover your relational blind spots and work on improving them in a supportive group setting? If so, our new Authenticity Group may be helpful.

What is the Authenticity Group?

Research consistently shows that group work can be as effective as individual coaching/psychotherapy, and it is sometimes more effective. Authenticity Groups focus on the interactions and dynamics within our group, offering a unique and powerful growth experience. With the guidance of at least one experienced facilitator, we offer weekly 90-minute sessions encouraging reflection, discussion, and personal growth.

What do participants gain?

Past participants have reported:

- A deeper understanding of themselves
- Forming more candid, meaningful relationships
- Learning to accept both their vulnerabilities and strengths
- Leading a life that feels more authentic to who they are

Who are the participants?

Our group is open to adults from all walks of life: Singaporeans and expats, young adults and retirees, people without financial concerns, and those who entered this group on the available scholarships, mental health professionals, and their clients.

Testimonials

- “I’m so glad I had this opportunity to understand how others experience me in a group.”
- “This is a space to explore authenticity, human connection, and self-awareness.”
- “A safe place to learn to take emotional risks.”

Details of the next group

- **Dates:** Thursdays, 7:30 pm – 9:00 pm (Singapore time), starting 17 October 2024 for 7 weeks with the option to continue after that.
- **Cost:** \$700 total (reduced-fee slots available)
- **Location:** Buona Vista ([map](#))
- **Group size:** 4-10 participants
- **Refund policy:** You will receive a 75% refund if you withdraw within 3 days of the first session. There are no refunds after that.

Facilitators



Dr. Jonathan Marshall (PhD Stanford; Post Doc Harvard)

I am passionate about the candid connection we can create in Authenticity Groups. Previously on full-time faculty at the National University of Singapore, I now work as a psychotherapist, executive coach, and leadership psychologist in private practice.



Dr. Richard Lim (PsyD Professional School of Psychology, Sacramento)

I’m a clinical psychologist with 23 years of experience, certified by the American Group Psychotherapy Association. I specialize in group therapy, helping individuals heal from trauma, build emotional resilience, and navigate relationships. My focus is on creating a safe, collaborative space where healing happens through shared experiences and mutual support.

Next Steps

If this is your first group with us, we would like to have a 20-minute call with you, at no charge, to discuss the group. **Send us a message at admin@marshall.com.sg** with some times you will be available. We anticipate closing registration in early October 2024.

If you have attended one of our groups before, you may register using <https://buy.stripe.com/9AQ9Cf2cwcPf1sA144>