

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown



**"IF WE WANT TO FULLY
EXPERIENCE LOVE AND
BELONGING, WE MUST
BELIEVE THAT WE ARE
WORTHY OF LOVE
AND BELONGING."**

BRENÉ BROWN

Daring Greatly™ Online 8-Week Group for Women

led by

Dale Falini, MA, NCC
Certified Daring Way™ Facilitator

Evening Group

Tuesdays 5:30PM – 7:30 PM

Starts Sept. 22nd 2020

Price: \$395 before Sept. 7th

Price: \$445 after Sept. 7th

\$100 deposit to hold space, payment plans available.

This group is based on Dr. Brené Brown's The Daring Way™ program, a highly experiential methodology to help men, women and adolescents learn how to show up, be seen, and live braver lives. The primary focus is on embracing vulnerability, developing shame resilience and practicing courage in the way we live, lead, love, and parent. What emerged from the research is that our deepest desire is to move toward authentic and wholehearted living.

During this 8-week group you will develop the daily practices that transform the way we live, lead and achieve the things most important to us. In a safe environment, we will:

- *Practice courage and allow ourselves to be vulnerable*
- *Exercise compassion and explore the attributes of empathy*
- *Nurture connection with others by embracing who we are*
- *Develop an internal sense of belonging vs. searching for acceptance and approval externally*
- *Accept that we are worthy of love and allow ourselves to be deeply seen and known*
- *Become grounded by a deep sense of purpose and guided by a resilient spirit*

for more information:

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