

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

The Gifts of Imperfection

Let Go of Who You Think You're Supposed to Be
and Embrace Who You Are

Based on the research of Brené Brown

Gifts of Imperfection

Art Journal & Process Group 12-Week Online Group

Monday Evenings
5:30 P.M. – 7:30 P.M. (MDT)
Starts May 11th

Price: \$360
\$100 deposit holds place
Payment plans available

Through reading, discussion & creativity, we will dig deep into the 10 Guidepost for Wholehearted Living, as outlined in the book, "The Gifts of Imperfection", by Brené Brown.

During this 12-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*

Gifts of Imperfection Workbook will be mailed to you.

for more information:

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