

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

IF WE ARE BRAVE ENOUGH
OFTEN ENOUGH, WE WILL
FALL; THIS IS THE PHYSICS
OF VULNERABILITY.

- BRENE BROWN

RISING
STRONG

Rising Strong™ 9-Week Group for Women

Led by
Dale Falini, MA, NCC
Certified Daring Way™ Facilitator

Tuesday Evening Group
6:00 P.M. – 8:00 P.M.
Starts March 17, 2020

Location: 731 N. Weber St., Colo. Spgs, CO
Early Price: \$429 (before 2/25/20)
Price after 2/25/20: \$479
(\$100 deposit holds your place)

If we are brave enough, often enough, we will fall. The process of rising after failure, disappointment, and screwing up is where our courage is tested and our values are forged. Our stories of struggle can be big ones or smaller ones. Regardless of magnitude or circumstance, the rising strong process is the same:

- *We reckon with our emotions and get curious about what we're feeling;*
- *We rumble with our stories until we get to a place of truth; and,*
- *We revolutionize the way we live, love, and lead by working this process every day until it becomes a practice.*

This group is based on Dr. Brené Brown's Rising Strong™ program, a highly experiential methodology to help men, women and adolescents learn how to rise up after a fall, disappointment or struggle.

Included: 16 videos by Brené Brown, Rising Strong™ Workbook, all materials and light snacks.

for more information & registration:

719-306-3492

| dale@dalefalini.com

| www.designedformore.com