

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

**"OUR SENSE OF
WORTHINESS –
THAT CRITICAL PIECE
THAT GIVES US
ACCESS TO LOVE AND
BELONGING – LIVES
INSIDE OUR STORY."**

BRENÉ BROWN

3 Day Workshop Intensive

led by

Kristen Caron, MS, NCC, LPC

Certified Daring Way™ Facilitator Candidate

7/19/2019 - 7/21/2019

at

Downtown Ashland

385 East Main Street

Ashland, OR 97520

price
\$350

Participants will focus on an area of their lives where they would like to better Show Up. Be Seen. Live Brave,™ and address the barriers which get in the way. Topics such as vulnerability and shame are covered in a way to better develop resilience and courage. This workshop has been described as experiencing three months of weekly therapy in three days.

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. During the process facilitators explore topics such as vulnerability, courage, shame, and worthiness. Participants are invited to examine the thoughts, emotions, and behaviors that are holding them back and identify the new choices and practices that will move them toward more authentic and wholehearted living. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, parent, and lead.

The workshop will be divided into three days as follows: Friday 5:30-7:30pm, Saturday 9:00am-4:00pm, and Sunday 9:00am-2:00pm. Price includes curriculum workbooks, facilitation by a licensed counselor, snacks, and two meals of your choice from local restaurants in downtown Ashland. Space is limited to the first six participants.

for more information:

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