

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown



**"VULNERABILITY IS THE
BIRTHPLACE OF LOVE,
BELONGING, JOY,
COURAGE, EMPATHY,
ACCOUNTABILITY,
AND AUTHENTICITY."**

3 Day Intensive for Helping Professionals

led by

Kristen Caron, MS, NCC, LPC

Certified Daring Way™ Facilitator-Candidate

5/17/2019 - 5/19/2019

at

Private Practice Office Downtown Ashland

385 East Main Street

Ashland, OR 97520

price

**Special Offer for Professionals
\$99**

This is an experiential workshop intensive intended for helping professionals who would like to identify and work on area of their professional life where they would like to better Show Up. Be Seen. Live Brave.™

The workshop will be divided into three days: Friday 5:30-7:30pm, Saturday 9:00-3:30pm, and Sunday 9:00-12:00 noon. The price of the group is intended to cover basic costs, and reflects a discount as a professional courtesy to helping professionals interested in experiencing this methodology. Price includes curriculum workbooks and snacks. Future groups will start at \$350.

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. The method was designed for work with individuals, couples, families, work teams, and organizational leaders. 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.

for more information:

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