

# THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown



**Day 1: Show Up: (Friday, February 2<sup>nd</sup>, 5pm-9pm)**

**Day 2: Be Seen: (Saturday, February 3<sup>rd</sup>, 9am-5pm)**

**(1 ½ hour lunch on your own)**

**Optional: Day 3: Live Brave: (Sunday, February 4<sup>th</sup>, 1pm-3pm)**

**Cost: \$250.00**

**Would you like these words to describe you?**

Wholehearted... Courageous... Compassionate... Connected... Resilient... Brave

**The Daring Way™** workshop is designed to help men and women develop the courage to be vulnerable, transforming the way we live, love, parent and lead by owning our inherent worth, practicing compassion, silencing the inner critic, experiencing resilience, and living life all-in. **The Daring Way™** is a highly interactive workshop based on the research of **Dr. Brené Brown**, author of **The Gifts of Imperfection**, **Daring Greatly** and **Rising Strong**.

*For more information, call or email Joy Myers, M.A., L.P.C., DWF-Candidate  
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