

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

A 1-Day Intensive for Women May 18, 2019

A workshop to dare greatly – into living wholeheartedly, authentically with the power of love, belonging and being enough.

Embark on a *Daring Greatly* Journey to fully embrace and accept yourself. The Daring Way™ Weekend Intensive is a workshop designed by **Brené Brown**, PhD LMSW, based on her research of our human experience ... our struggle for worthiness, facing vulnerability and living courageous lives. Learn the Daring Way™ approach with practices that support you to SHOW UP, BE SEEN, AND LIVE BRAVE. Join other women for a weekend experience where you will:

- ◆ Experience connection and know you are not alone.
- ◆ Stand in compassion, worth, knowing you are enough.
- ◆ Engage in practices to live wholeheartedly with the values you hold dear.

Schedule: Saturday 8:30-5pm
Investment: \$150 Regular Pricing - \$135 Early Bird Price through May 10th
To register: Contact Deborah Rutt 720.515.3522 or Deborah@TheHoldingHeart.com
Pre-registration required. Space is limited. Cost includes snacks, all materials.

Workshops located at CIRCLE OF HEALTH - 600 S. Airport Rd. - Longmont, CO 80503



DEBORAH RUTT PHD, LCSW
CDWF Certified Daring Way™ Facilitator

CALL

720-515-3522

FOR MORE INFORMATION & REGISTRATION



THE HOLDING HEART

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