



the
DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™

based on the research of Brené Brown

Daring Way™ Workshop
Dee Oliver, Certified Daring Way Facilitator
September 29-30, 2017

This workshop is for you if you crave a deeper connection with yourself and others. You will **explore** your values and apply them as a guide to your life, **learn** to notice and process shame and vulnerability with self-kindness, **develop** resiliency skills for times of setbacks and a courage practice for living a braver more authentic life. *The Daring Way™* is a workshop curriculum based on the research of **Dr. Brené Brown**. The method was developed to help people *Show Up, Be Seen, Live Brave™*. The group is small and Dee will provide a safe place to explore, learn and re-engage in your life from a place of worthiness and connection. For more on *The Daring Way™* go to www.thedaringway.com/

When: Friday, September 29th and Saturday, September 30th

Registration: 1:45 PM

Friday: 2:00 – 8:00 PM

Saturday: 9:00 AM – 4:00 PM

Where: Minnesota Humanities Event Center

987 Ivy Avenue East

St. Paul, MN 55106

Cost: \$275 Early bird until September 20th, \$250.

What is included in the cost?

- The support of a coach who has been certified to facilitate The Daring Way™ Workshops
- Yummy food and beverages
- Access to a life changing experience

For questions call Dee At 952-454-1649, or email dee@daringheartcoaching.com

To register go to <https://www.ticketbase.com/events/daring-way-workshop>

Before the weekend:

- It is very helpful to read ***Daring Greatly*** by Brené Brown
- Watch <https://www.youtube.com/watch?v=X4Qm9cGRub0> Brené Brown's TEDX Houston talk