

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

"JOY COMES TO US IN
ORDINARY MOMENTS.
WE RISK MISSING
OUT ON JOY WHEN
WE GET TOO BUSY
CHASING DOWN THE
EXTRAORDINARY."

BRENÉ BROWN

WEEKEND INTENSIVE WORKSHOP

led by

DR. JILL NELSON, CDWF

OCTOBER 14 – 16, 2016

FRIDAY, OCTOBER 14 6:00 PM – 9:00 PM

SATURDAY, OCTOBER 15 9:00 AM – 4:00 PM

SUNDAY, OCTOBER 16 9:00 AM – 1:00 PM

at

BUFFALO HOSPITAL CONFERENCE CENTER

Lower Level of the Buffalo Clinic. Park in the Green Lot, enter Door B

PRE-REGISTRATION : \$100 | AT THE DOOR : \$150

REGISTRATION DEADLINE : OCTOBER 7, 2016

Based on 12 years of shame and vulnerability research by New York Times best-selling author Dr. Brené Brown, this workshop will show you how to let go of the messages of "I'm not _____ enough", to move beyond comparison, and embrace the freedom of being authentically you. It will deepen your self-knowledge and give you skills to live with gratitude, self-compassion and creativity. At this three-day life-changing workshop we will:

- Practice courage and allow ourselves to be vulnerable*
- Exercise compassion and embrace empathy*
- Nurture connection with others by embracing who we are*
- Learn shame resilience skills and develop daily practices that transform the way we live, love, lead and achieve the things most important to us.*

