

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

THE DARING WAY™ Training Offered in Kamloops, BC.

**4 Consecutive Fridays 2 PM to 5 PM
Feb 16th & 23rd and March 2nd & 9th**

**led by
Celeste Schell BA, MC.
Certified Daring Way Facilitator- Candidate**

The Daring Way™ is an educational and experiential curriculum based on the work of Dr. Brené Brown. Brené is a research professor at the University of Houston Graduate School of Social Work and the author of 4 New York Times best sellers: *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong* and *Braving the Wilderness*. Her Ted Talk – *The Power of Vulnerability*- is one of the 5 most viewed in the world. Her groundbreaking research on shame, vulnerability, courage and worthiness has been featured on PBS, NPR, CNN, Ted Talks, and Oprah Winfrey's Super Soul Sunday.

This 12-hour Daring Way™ program, offered in Kamloops BC, will be your window into your own personal relationship with the concepts mentioned above. You will explore how shame, vulnerability, perfectionism, and fear get in your way of the experiences of worthiness, courage, authenticity and connection. You will learn what it means and what it takes to live/love (and parent) “wholeheartedly”, to develop shame resilience and to practice self-compassion.

Included in the \$650 registration fee are a Daring Way™ workbook, an intake interview, light refreshments and of course 12 hours of learning, personal growth and exploration. There are limited seats for this event and a \$200 non-refundable deposit is required to save your spot.

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