

# THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



*based on the research of Brené Brown*



**What if you could lead your life and make decisions with your authentic, courageous self, rather than your fearful, critical self?**

**Imagine saying “yes” to daring greatly and trusting yourself!**

**Imagine letting go of perfection, having self-compassion and support whenever you do something new!**

This workshop will focus on identifying what holds us back, and how to develop the skill set and practice what's needed to live a more courageous and connected life. The material is based on the life work of Dr. Brené Brown in the area of shame and vulnerability. The Daring Way™ groups are designed to help us build resilience to shame and fear, and engage empathy and compassion for ourselves.

**Join us and dare to live your authentic life!**

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For more information on The Daring Way™ visit [www.thedaringway.com](http://www.thedaringway.com)

## The Daring Way™ A Two-Day Intensive

Led By

**Renee Sievert, RN, MFT, Master Coach**  
Certified Daring Way™ Facilitator

**Garet Bedrosian, LCSW, CIRT, CBT, CET**  
Certified IMAGO Therapist, Certified Bioenergetics Therapist

July 14-15, 2018

Ramona, CA 92065

Saturday & Sunday  
9:00 AM-5:00 PM

\$425.00 Early Bird Discount  
\$475 per person after June 29, 2018

[Click Here to Register](#)

Fees include: Daring Way™ Manual, drinks and snacks. Lunch on your own.