

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown



7 WEEK DARING WAY™ GROUP

led by

JANET DUCHARME, LICSW, CDWF

TWO GROUPS STARTING IN NOVEMBER
MONDAY OR WEDNESDAY

MORNING OR EVENING OPTION
FRIDAYS NOV. 4 - DEC. 16 9-11AM OR
MONDAYS NOV. 7 - DEC. 19 6-8PM

at

THE HAVEN COLLECTIVE

288 Walnut Street, Newton, MA

PRICE \$600 INCLUDES WORKBOOK,
REGISTRATION & DEADLINES: \$100 DEPOSIT 11/25

The Daring Way™ is a highly **EXPERIENTIAL** methodology based on the research of DR. **BRENÉ BROWN**. During the process we explore topics such as **VULNERABILITY**, **COURAGE**, **SHAME**, and **WORTHINESS**. We **EXAMINE** the **THOUGHTS**, **EMOTIONS**, and **BEHAVIORS** that are **HOLDING US BACK** and we **IDENTIFY** the **NEW CHOICES** and **PRACTICES** that will **MOVE** us toward **MORE AUTHENTIC** and **WHOLEHEARTED LIVING**. The primary focus is on developing **SHAME RESILIENCE SKILLS** and developing **DAILY PRACTICES** that **TRANSFORM** the way we **LIVE**, **LOVE**, **PARENT**, and **LEAD**. WWW.THEDARINGWAY.COM.



"In order for connection to happen, we have to allow ourselves to be seen. Really, truly deeply seen." Brené Brown

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