

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown



THE DARING WAY™ 4 Week Workshop Series

led by

Janice Gnas, MS. MBA. LPC. NCC. BCC.

A Certified Daring Way™ Facilitator-Candidate

09/14/2015 – 11/21/2015

611 N. Mayfair Rd, Wauwatosa, WI 53226

SATURDAYS 10am to 3pm

Price is \$640.00 (includes supplies)

Register two weeks prior to the workshop and save \$50.00

Do you sometimes find: Anxiety, self-judgement, criticism, or self-doubt present in your life more than you would like? Does uncertainty undermine joy, questioning if you are good enough, smart enough or productive enough? You worry what other people think, say yes instead of no, wanting to be seen as nice or avoid conflict? Does perfectionism sometimes run your life, “if only I could do it just right then I could feel okay?”

The Daring Way™ Group series will explore topics such as vulnerability, courage, shame, and worthiness. This group experience will facilitate the examination of thoughts, emotions, and behaviors that are blocking or holding us back. During the group experience group members will identify new choices and practices that will transform them toward authentic and wholehearted living. The primary focus is developing shame resilience skills and developing daily practices that transform the way we live, love, parent, and lead. Further information is available at www.thedaringway.com

About The Daring Way™

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. This method was designed to work with individuals, couples, families, work teams, and organizational leaders. The Daring Way™ is facilitated in clinical, educational, and professional settings (offered through workshops, Group Series, Couples, and Individual sessions).