

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown



8 WEEK GROUP

led by

Alison Withey, LMHC CDWC

Connie Curlett, LMHC CDWC

1/27/2014 - 3/31/2014

at

Arboretum Court Building

3130 East Madison St. #203B

Seattle, WA 98112

price
\$640.00

This group focuses on identifying what holds us back in our lives and how to develop the skill set 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™ group is designed to help participants build resilience to shame, foster self-compassion as well as learn the key elements to living a whole-hearted life.

Monday Evenings from 7:00 - 9:00 PM

January 27th

February 3rd, 10th and 24th

March 3rd, 10th, 17th and 31st

Cost is \$80.00 per each two-hour session.

\$590.00 if paid in full by January 20th 2014

Materials supplied

for more information:

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