

RISING STRONG™

THE RECKONING. THE RUMBLE. THE REVOLUTION.™

based on the research of Brené Brown

Manifesto of the Brave and Brokenhearted **By Brené Brown**

There is no greater threat to the critics and cynics and fearmongers than those of us who are willing to fall because we have learned to rise.

With Skinned knee and bruised hearts; we choose owning our stories of struggle, over hiding, over hustling, over pretending....

We are the authors of our lives. We write our own daring endings....

We are the brave and brokenhearted. We are rising strong.

“If we are brave enough, often enough...we will fall.
When we make the choice to dare greatly, we sign up to
get our asses kicked!”

~Brené Brown~

- **3 day workshop based on the research of Dr. Brené Brown**
- **Discover how to identify your story and change its ending**
- **Build a skill set to help you rumble with grief, blame and trust**
- **Set healthy boundaries that hold you and others accountable**

The truth is falling hurts. The dare is to keep being brave and feel your way through it. Rising Strong™ gives you a process to feel your way through the hurt that follows an emotional fall.

Rising Strong™ 3 day intensive workshop

~April 8th 5-9pm~ ~April 10 9am-4pm~ ~April 17th 10am-3pm~

Cost \$385

Register early and save \$35. Cost is \$350 if you register by March 25th.

(workbook, tea, coffee and light refreshments included)

Daring way™ alumni Save \$40 off registration. Registration closes April 3rd.

Contact Jenny Vanhoff at Jennyvanhoff@shinealive.com or 425-218-1119 to register.

Jenny is a professional certified coach and a certified Daring Way™ facilitator.