

# THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

Are you tired of the old story that runs in your head telling you “you’re not \_\_\_\_\_ enough”?  
Do you hold limiting beliefs about your worth that are no longer serving you?

## **ARE YOU READY FOR A NEW CHAPTER IN YOUR STORY????**

Then it’s time to take the leap and create a new outcome for your life. It’s time to

### **DARE GREATLY!**

We are now offering 2 incredible workshops, based on the research of Dr. Brené Brown, as a package deal! Sign up for both weekends together and not only will you save money, you will be making a tremendous commitment to YOU and the REST OF YOUR LIFE!

**February 16-18, 2018**

### **On THE DARING WAY™ journey you will learn to:**

- Cultivate an authentic life through courage, vulnerability & compassion
- Let go of perfectionism and fear of what others think
- Quiet your inner critic - deepen your sense of worthiness and belonging
- Identify the ways you numb your emotions
- Learn shame resilience skills and practice empathy and self-compassion

### **On THE RISING STRONG™ journey you will learn to:**

- explore your experiences with vulnerability, courage, shame, and worthiness
- discover how emotion is connected to behavior and thought
- awaken your curiosity about your emotions and expand your ability to articulate and understand your emotions
- practice using the Rising Strong™ process to increase wholeheartedness in living, loving and leading

Date TBD, likely May/early June

**Cost: \$750/weekend or \$1250 when you sign up for both of them together**

**About Heather DeVore, LPC, CDWF:** I strive to assist people in bringing all parts of the Self into alignment. In order to do this we must explore the dark, shadowy places of ourselves. I believe this takes great courage and a willingness to embrace vulnerability. Learn more: [www.heatherdevore.com](http://www.heatherdevore.com).

**About Toni Bellinger, LMFT, LPC, CDWF:** I have been in practice since 2008. Self empowerment is an important part of my therapeutic approach within my practice. My focus is on the whole person and how to live an authentic life. I do this in a safe, compassionate, honest, and direct way. Learn more: [www.tonibellinger.com](http://www.tonibellinger.com)

**For more information and to register send an email to  
[heatherdevore.lpc@gmail.com](mailto:heatherdevore.lpc@gmail.com) or [toni@tonibellinger.com](mailto:toni@tonibellinger.com)**