

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

Join us on the Rising Strong™ journey 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

April 27-29, 2018

Friday 3-6, Saturday 10-5, Sunday 10-1

Cost: \$750 (includes keepsake workbook, tea and snacks throughout the weekend)

Location: 14523 Westlake Drive, Lake Oswego, OR 97035

\$375 non-refundable deposit to hold your place due by April 13th

*6 participants must be registered by April 13th for the weekend to be a go. If not, all money will be refunded.

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; it takes DARING GREATLY. Learn more about Heather: 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 about Toni: www.tonibellinger.com

For more information please call Heather at: 541.913.4515 or Toni at: 503.425.9313. Or click here to [REGISTER](#)



“OWNING OUR STORY AND LOVING OURSELVES
THROUGH THAT PROCESS
IS THE BRAVEST THING WE’LL EVER DO.”

BRENÉ BROWN