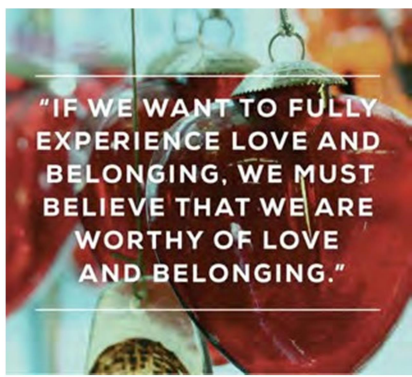


10 Guideposts for Living Wholeheartedly Navigating Life with Courage, Compassion and Connection

A Daring Way™ workshop based on the work of Brené Brown

facilitated by Anita Anand, PCC, CDWF, CDTLF



Is this often your inner voice?

- What will people think if I fail or give up?
- When will I stop feeling the need to prove myself to others?
- Do I really want to be breathing and flat-lining at the same time?
- Change is uncomfortable. How do I connect with my worthiness without the hardship of change?

Online
Program

However afraid we are of change, the question we must ultimately answer is this:

What's the greater risk? Letting go of what people think or letting go of who I am?

The **Ten Guideposts for Wholehearted Living** is the journey from feeling fearful, judgmental and alone, to cultivating the gifts of courage, compassion, and connection. This work is about learning to love our imperfections, reconnecting to our worthiness, and becoming firmly grounded in a deep sense of love and belonging. It's about saying, "Enough is enough, because I am enough!"

Starting October 2019 through the next 10 months, we will be finding our way to these guideposts together. **Cultivating:**

1. **Authenticity** ~ Letting go of what people think
2. **Self-compassion** ~ Letting go of perfectionism
3. **A resilient spirit** ~ Letting go of numbing & powerlessness
4. **Gratitude & joy** ~ Letting go of scarcity & fear of the dark
5. **Intuition & trusting faith** ~ Letting go of need for certainty
6. **Creativity** ~ Letting go of comparison
7. **Play & rest** ~ Letting go of exhaustion as a status symbol & productivity as self-worth
8. **Calm & stillness** ~ Letting go of anxiety as a lifestyle
9. **Meaningful work** ~ Letting go of self-doubt & 'supposed to'
10. **Laughter, song & dance** ~ Letting go of being cool & always in control

Each Guidepost will be emailed as a module in advance of our Zoom online meetings together, and will contain key learnings and activities that will support you to get this work "into your bones". Group size is limited to a maximum of 10 participants.

When and where: Oct. 12, 2019 – July 19, 2020, 8:30 am – 11 am on a Zoom platform online.

Cost: \$175 CAD monthly (payment in full) or \$207 CAD per monthly Guidepost exploration.

Payable by PayPal or e-transfer.

Register for the 10 month program: email Anita at anita@consciouscreations.ca

About Anita: Anita has a degree in Psychology and was a Montessori Teacher/Principal for over 25 years. She has her credentials as a Certified Professional Co-Active Coach (CPCC) from the Coaches Training Institute as well as her Professional Certified Coach (PCC) credentials from the International Coaches Federation. In addition to being a personal, leadership and team coach, Anita is also a speaker and a Certified Daring Way™ and Dare To Lead™ Facilitator for Dr. Brené Brown's work.

