

DARING GREATLY™

SHOW UP • BE SEEN • LIVE BRAVE

based on the research of Brené Brown

\$895

**Is perfectionism keeping you from satisfaction with your accomplishments?
Do you compare yourself to others, and often feel you come up short?
Would you love to exchange anxiety as a lifestyle for calm and stillness?**



**“VULNERABILITY IS THE BIRTHPLACE OF LOVE, BELONGING, JOY, COURAGE, EMPATHY, ACCOUNTABILITY, AND AUTHENTICITY.”
~ Brené Brown ~**

Included in your registration are all workshop materials including a Daring Greatly workbook, viewing video course work by Brené, certificate of completion, breakfast, light snacks and refreshments, and one follow-up participant meeting. As participant numbers are limited, a \$200 deposit is requested to hold your space. A \$100 discount is available if you register with payment 4 weeks prior to your workshop start date!

2020 Dates

- January 24 - 26, 2020
- May 1 - 3, 2020
- August 21 - 23, 2020
- November 27 - 29, 2020

8:30am - 5:30pm Pitt Meadows, BC

Led by

Anita Anand

Certified Co-Active Life Coach

Certified Daring Way™

and Dare To Lead™ Facilitator



Based on 12 years of shame and vulnerability research by New York Times best-selling author Dr. Brené Brown, this workshop will show you how to let go of the messages of “I’m not _____ enough”, to move beyond comparison, and embrace the freedom of being authentically you. It will deepen your self-knowledge and give you skills to live with gratitude, self-compassion and creativity. At this three-day life-changing workshop we will:

- Practice **courage** and allow ourselves to be **vulnerable**
- Exercise **compassion** and embrace **empathy**
- Nurture **connection** with others by embracing who we are
- Develop an internal **sense of belonging** vs. searching for acceptance and approval externally
- Accept that we are **worthy of love** and allow ourselves to be deeply seen and known
- Become grounded by a **deep sense of purpose** and guided by a **resilient spirit**
- Learn **shame resilience skills** and develop daily practices that **transform the way we live, love, lead** and achieve the things most important to us.

About Anita

Anita has a degree in Psychology and has been a Montessori Teacher/Principal for over 25 years. She has her credentials as a Certified Professional Co-Active Coach (CPC) from the Coaches Training Institute in California as well as her Professional Certified Coach (PCC) credentials from the International Coaches Federation. In addition to 1-on-1 coaching, Anita is also a speaker, and a Certified Daring Way™ and Dare To Lead™ Facilitator.



To register and for more information:

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