

RISING STRONG™

THE RECKONING. THE RUMBLE. THE REVOLUTION.™

based on the research of Brené Brown

Included in your registration are all workshop materials including a Rising Strong™ 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.

“WE CAN’T CHART A BRAVE NEW COURSE UNTIL WE RECOGNIZE EXACTLY WHERE WE ARE, GET CURIOUS ABOUT HOW WE GOT THERE, AND DECIDE WHERE WE WANT TO GO.”

~ Brené Brown ~

2020 Dates

- March 20 - 22, 2020
- August 28 - 30, 2020
- December 4 - 6, 2020

8:30 am - 5:30 pm

Pitt Meadows, BC

Led by

Anita Anand

Certified Co-Active Life Coach

Certified Daring Way™

and Dare To Lead™ Facilitator



If we care enough and dare enough, we will experience disappointment, heartbreak and failure. Rising Strong™ is a unique, hands-on learning experience, designed to have us own our stories of struggle, reckon with emotion, and rumble with the challenges that come with living an authentic and whole-hearted life ~ all in service of writing our own daring endings! It represents Dr. Brené Brown's latest research and the synthesis of her nearly 15 years of research in the areas of vulnerability and shame. This three-day Rising Strong™ workshop will offer insights in:

- A process for rising after failure, disappointment and loss ~ it helps us see that it is exactly in those places of struggle that we can rise strong.
- The physics of vulnerability ~ ten guidelines for rising after a fall.
- The power of story in our lives and how stories drive our emotions, thoughts and behaviors.
- The major emotional offloading strategies we use and how they move us away from our values.
- How to recognize and capture the stories we make up when faced with struggle.
- What it means to rumble with emotions like shame, guilt, anxiety, blame, accountability, resentment, grief, forgiveness, and perfectionism.
- How to write our own daring endings to our tough stories.

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 (CPCC) 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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