

# THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown



"VULNERABILITY IS THE  
BIRTHPLACE OF LOVE,  
BELONGING, JOY,  
COURAGE, EMPATHY,  
ACCOUNTABILITY,  
AND AUTHENTICITY."

## What is The Daring Way™?

*The Daring Way™* is a highly experiential methodology that was developed to help men, women, and adolescents learn how to show up, be seen, and live braver lives.

During this 3 day intensive we will explore topics such as vulnerability, courage, shame, and worthiness. We will examine thoughts, emotions, and behaviors that are holding us back and we will identify new choices and practices that will move us toward more authentic and wholehearted living. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, parent and lead.

## 3 Day Group Intensive

Led by:

Jenni Odell, MA, MFT Intern (IMF72680) CDWF-Candidate  
and

Dr. DaLene Forester Thacker, LMFT, LPCC (MFC33095/LPC629), CDWF-Candidate

# September 26 – 28, 2014

Friday 26<sup>th</sup> 5pm-9pm; Saturday 27<sup>th</sup> 9am-5pm; Sunday 29<sup>th</sup> 9am-1pm

at

Park Marina Center For Wellbeing  
353 Park Marina Circle  
Redding, CA 96001

**Early registration August 28 - \$500**

**Registration - \$575**

Includes: light meal Friday, breakfast and lunch Saturday, and brunch Sunday.  
Each participant will receive a workbook and keepsake booklet.

Space will be limited to the first 10 participants.

To make your reservation or for more information please contact:

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