

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.”

THE DARING WAY™ Weekend Intensive

led by
Certified Daring Way™ practitioners

Gricelda Fragoso, PsyD, CDFW
Crystal Duncan, LCSW, CDFW-C

The Daring Way™ is an experiential group created by Brené Brown to help us develop shame resilience and a courage practice that transforms the way we relate with ourselves and others. We examine the thoughts, emotions and behaviors that hold us back and identify new choices and practices that move us toward more authentic and wholehearted living. If you are a **Brené Brown** fan and want guidance in developing the skills to *Show Up, Be Seen, and Live Brave™* this group is for you.

LOCATION: 621 2nd Street, Suite A, Encinitas, CA 92024

DATES:	January 11 th - 13 th	Friday	Jan 11	5:00 pm – 9:00 pm
		Saturday	Jan 12	9:00 am – 6:00 pm (1 hr lunch break)
		Sunday	Jan 13	9:00 am – 1:00 pm

\$500 materials included

Group size is intimate. Pre-screening and registration with deposit required.

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