

AUTHOR OF THE #1 NEW YORK TIMES  
BESTSELLER *DARING GREATLY*

# RISING STRONG

THE RECKONING. THE RUMBLE.  
THE REVOLUTION.

*If we are brave enough, often enough, we will fall.  
This is a book about what it takes to get back up.*

**BRENÉ BROWN, Ph.D.,  
LMSW**

# RISING STRONG™ WORKSHOP

When Saturday | November 5, 2016  
8:30 am – 5:00 pm

Location 9324 Raintree Dr. #100B  
Scottsdale, AZ 85260

Cost \$199 per person

Includes Rising Strong Workbook  
Lunch and Snacks  
Art Supplies & Materials

Register Contact Therese at 480-424-4777 for  
more information or email [theresehensler@gmail.com](mailto:theresehensler@gmail.com)

Presented by Certified Facilitators

Larcy Dunford, LPC

[larcychris.com](http://larcychris.com)

Therese Hensler, LCSW

[peacetherese.com](http://peacetherese.com)



## About the Workshop

As humans, we are guaranteed to fall. In our relationships. At work. In life. However, our life's story does not get defined by how we fall, but rather, how we get back up.

In our Rising Strong™ Workshop, you will dig deep into your own stories of falling, and then learn **strategies for authoring a different life narrative...one that** “crafts love from heartbreak, compassion from shame, grace from disappointment and courage from failure.”

## What is the Rising Strong™ Process?

### The Reckoning:

- Recognize emotion
- Get curious about our emotions and how they connect with our thoughts and behavior

### The Rumble:

- Get honest about stories we make up about our struggles
- Challenge assumptions and conflagulations
- **Identify what's truth, what's self protection, and what needs to change**

### The Revolution:

- Write a new ending to our **story based on what we've learned in the Rumble**
- Use this new, brave story to change how we engage with the world