



led by: _____

THERESE HENSLER, LCSW, SEP, CDWF

at: _____

4300 North Miller Road Suite 202
Scottsdale, AZ 85251



Daring Greatly™ Women's Group

8 WEEKS

March 21 - May 9, 2023 / Tuesdays 6:00-7:45pm

The Daring Way™ is a highly experiential program based on the research of Dr. Brené Brown. During the process we explore topics such as vulnerability, courage, shame, and worthiness. Through hands-on activities, video & discussion, we will explore the topics of courage, vulnerability, shame, and perfectionism while getting curious about the thoughts, emotions and behaviors that hold us back. We will have the opportunity to make new choices and create practices that move us to a more authentic and wholehearted way of living. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, parent, and lead in order to "show up, be seen and live brave.™" Further information available at www.brenebrown.com/thedaringway/

THIS GROUP IS FOR YOU IF YOU WANT TO:

- * Identify and move through what is holding you back
- * Deepen your sense of worthiness and belonging
- * Experience vulnerability as courage and open to bravery in your life
- * Develop greater empathy and self-compassion practices
- * Infuse your core values and claim your strengths

6 participants total in group. Participants agree to attend all sessions to encourage cohesion and continuity. Pre-registration and phone screening required. \$150 deposit secures your spot.

_____ for more information: _____

480-424-4777 | therese.hensler@gmail.com | www.peacetherese.com

COST \$600 (\$550 BY MARCH 1ST). ALL MATERIALS INCLUDED.