

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

BRENÉ BROWN

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. The method was designed for work with individuals, couples, families, work teams, and organizational leaders. It can be facilitated in clinical, educational, and professional settings. During the process we explore topics such as vulnerability, courage, shame, and worthiness.

We examine the thoughts, emotions, and behaviors that are holding us back and we identify the 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.

Workshop dates & location TBA

Gillian Drader & Associates

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