

THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



based on the research of Brené Brown

Is perfectionism keeping you from satisfaction with your accomplishments?
Do you compare yourself to others, and often feel you come up short?
Would you love to exchange anxiety as a lifestyle for calm and stillness?



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

Included in your registration are all workshop materials including a Daring Greatly workbook, viewing video course work by Brené, certificate of completion, breakfast, light snacks and refreshments, and one follow-up participant meeting. As participant numbers are limited, a \$200 deposit is requested to hold your space. A \$100 discount is available if you register with payment 4 weeks prior to your workshop start date!

**2021 Dates:
Coming Soon**

**8:30am - 5:30pm
Pitt Meadows, BC**



**Led by Anita Anand
Certified Co-Active Life Coach
Certified Daring Way™ Facilitator
Certified Dare To Lead™ Facilitator**



Based on 12 years of shame and vulnerability research by New York Times best-selling author Dr. Brené Brown, this workshop will show you how to let go of the messages of “I’m not ___ enough”, to move beyond comparison, and embrace the freedom of being authentically you. It will deepen your self-knowledge and give you skills to live with gratitude, self-compassion and creativity. At this three-day life-changing workshop we will:

- Practice **courage** and allow ourselves to be **vulnerable**
- Exercise **compassion** and embrace **empathy**
- Nurture **connection** with others by embracing who we are
- Develop an internal **sense of belonging** vs. searching for acceptance and approval externally
- Accept that we are **worthy of love** and allow ourselves to be deeply seen and known
- Become grounded by a **deep sense of purpose** and guided by a **resilient spirit**
- Learn **shame resilience skills** and develop daily practices that **transform the way we live, love, lead** and achieve the things most important to us.

Anita Anand, PCC, CDWF, CDTLF:

Anita has a degree in Psychology and was a Montessori Teacher/Principal for over 25 years. She has her credentials as a Certified Professional Co-Active Coach (CPCC) from the Coaches Training Institute as well as her Professional Certified Coach (PCC) credentials from the International Coaches Federation. In addition to being a personal, leadership and team coach, Anita is also a speaker, a Certified Daring Way™ Facilitator and Certified Dare To Lead™ Facilitator for Dr. Brené Brown’s work.



To register and for more information:

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