

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."**

**8 - Week Course in ASL
Wednesday Evenings from 5pm - 7pm**

led by

Susi Bolender, C.C.C

Supported by WBP

Starting January 24th, 2018

at

Deaf Well Being Program

4211 Kingsway #300

Burnaby, BC V5H 1Z6

5:00pm - 7:00pm

Experience a deeper self-awareness, richer relationships, and living with greater authenticity with like-minded people. We will examine the thoughts, emotions, and behaviors that are holding you back and we identify the new choices and practices that will move you toward more authentic and wholehearted living. Move beyond perfectionism to self-compassion and discover how vulnerability, empathy, courage, and gratitude are connected. We develop skills to be resilient in life's daily storms and step into the freedom of knowing we are enough.

Limit: 8 Participants. Includes your personalized manual, your Daring Way™ workbook experiential exercises, coffee, and light snacks.

If you are Deaf or Hard of Hearing, you may qualify for free participation of this workshop (usual registration fee is \$500 per person).

Please contact WBP Program Coordinator kristen.pranzl@vch.ca for more information.

for more information:

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