

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."**

Rising Strong Spring - 10 Week Group

led by

Audrianna J. Gurr, LPC

4/11/2017 - 6/20/2017

at

Stark Street Office

8514 SE Stark Street

Portland, OR 97216

price

Group open to adults. Cost is \$50 session/\$500 series of 10 sessions of two hours each. 5% discount for cash. May be able to use insurance. Please inquire.

Rising Strong Resilience Group

Psycho-educational group for clients wanting to establish stronger self esteem and resilience to life's challenging events. Processing some of the past to identify triggers that can be navigated for future interactions.

The Daring Way™ and Rising Strong are highly experiential methodologies based on the research of Dr. Brené Brown. The methods were developed to help men and women learn how to show up, be seen, and live braver lives.

The primary focus is on developing shame resilience skills and developing a courage practice that transforms the way we live, love, parent, and lead.

This group is open to adults. Sessions run two hours for 10 weeks on Tuesday evenings.



for more information:

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