



the **DARING WAY™**

SHOW UP | BE SEEN | LIVE BRAVE™

based on the research of Brené Brown

I am excited to offer a Daring Way™ Workshop in spring of 2017 exploring the how and why of what holds us back from:

- Feeling satisfied in our relationships both in terms of how we show up and how we receive love
- Releasing ourselves from the bonds of perfectionism and what others think (our inner critic)
- Knowing what you want but feeling unable to take those first steps
- Making choices about your health that will allow you to engage more fully in your life
- Taking risks that personify your passion and self expression

If you recognize some element of yourself in any of these scenarios, Brené Brown's Daring Way™ could be the first step to understanding how the concepts of shame and vulnerability impact your everyday life. Over the course of this 6-week workshop we explore the way forward by planting the seeds of resiliency, courage, connection and love.

The Daring Way™ will be facilitated by me, Donalda Jones BSW, MSW, RSW and Certified Daring Way™ and Rising Strong™ Facilitator. Workshops are guaranteed to be small groups and I strongly encourage you to register early as I expect it will sell out quickly.

When: Tuesdays April 18, 25 and May 2, 9, 16, 23

Where: 1658 Badham Blvd, Regina

Time: TBA

Fee: \$425 (includes all course materials and supplies.) This amazing offer works out to less than \$25.00 per hour. Registration fee must be paid in full to guarantee your spot.

I strongly encourage you to register early as previous workshops sold out quickly. Check out what previous participants are saying about the Daring Way™ on www.donaldajones.com. Many thanks for your time. I hope to hear from you soon!

Donalda Jones, BSW, MSW, RSW

Masters of Social Work

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