

# RISING STRONG™

“Vulnerability – the willingness to show up and be seen with no guarantee of outcome – is the only path to more love, belonging, creativity, and joy. But living a brave life is not always easy: We are, inevitably, going to stumble and fall.”

Brené Brown

I am excited to bring Brené Brown’s latest work to Regina! As a certified Daring Way™ and Rising Strong™ Facilitator, I will guide and support you to understand that you are enough and stepping into the arena of life is courageous but worth it. We will journey within to understand what is holding you back and where you might be stuck or afraid of what’s next in your life.

We will learn how to *reckon* with our emotions; *rumble* with our stories; create a *revolution* in our lives! Moving forward after a Fall or what feels like a Failure really teaches us the most about who we are. It truly is Rising Strong™!

Donalda Jones BSW, MSW RSW, will facilitate Rising Strong™. This course can be taken by itself or can be a continuation of the Daring Way Group you may have already taken. Workshops are guaranteed to be small groups and I strongly encourage you to register early as I expect it will sell out quickly.

When: Saturday’s (April 22, 29, May 13, 27 and June 10, 17, 2017)  
Where: 1658 Badham Blvd, Regina  
Time: 9:15 to 12:00 noon  
Fee: \$425 (includes all course materials and supplies). This works out to be less than \$25 per hour. Registration fees must be paid in full to guarantee a spot.

For more information or to check out what other people are saying about my workshops, visit [www.donaldajones.com](http://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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